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Triathlon PLUS Welcome

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SEE PAGE 52

“As the nights draw in and the aching of your muscles feels so acute you wonder if you’ll ever race again, it can only mean one thing – the end of the season.

We’ve been reflecting on our successes and failures this year, determined to learn from our mistakes and come out fighting next season. However, we know the temptation to hang up your wetsuit and spend the whole winter hibernating in the pub is strong, which is why training coach Phil Mosley has mapped out a successful plan to see you through the off season (p28). Don’t worry, he’s built in some time for you to relax, see friends and eat some takeaway. He’ll also guide you through winter workouts and how to plan next season’s racing.

To help you adjust to some cold weather training, we’ve tested the best cyclocross bikes (p76), which just love getting muddy as well as a full range of running shoes (p60) because nothing will inspire you more to get out the door mid-winter than a shiny new pair of kicks.

It’s been an exciting time for triathlon as the Rio test event and the WTS grand final in Chicago revealed who will represent Great Britain at next year’s Olympics. We spoke exclusively to Vicky Holland (p46) who’s been going from strength to strength all season, finishing fourth in the world rankings. She reveals how she’s bounced back from injury and how she plans to conquer the so far undefeatable Gwen Jorgensen. Enjoy the issue!

Debbi

Debbi Marco, Editor

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Don't miss this month



Off season training

From winter workouts to race planning. We get you ready for 2016
P28



HRV monitors

We reveal how 60 seconds is all it takes for a better workout
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Running trainers

Get ready for winter with a pair of these new race shoes
P60



ON THE COVER

Vicky Holland (GBR) survives the cold to take poll position at the World Series in Edmonton. Photo Rich Cruse/ITU

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Meet the Triathlon Plus team

Get up close and personal with our team who help create your magazine packed full of news, tips and training advice.



PHIL MOSLEY

Coaching editor Phil has coached dozens of athletes to success over every distance, and competes as an elite athlete himself. As a new dad he's now learning how to fit his training in around the night shift.



GUY KESTEVEN

After years of testing metal over the pot-holed lanes of Yorkshire, our gear guru at large must have been relieved to see the introduction of carbon fibre as a mainstay of bike manufacture. It's safe to say there's barely a bike he hasn't ridden.



AMY KILPIN

Our columnist Amy is an age group long distance triathlete and a world champion qualifier in both ITU and WTC racing. She documents her triathlon success in both her Triathlon Plus column and on her website, amykilpin.co.uk.



GILL CUMMINGS-BELL

Gill is an exercise and nutrition scientist who specialises in sports nutrition management for training, performance, recovery and body weight management. Gill has been a fitness professionals' education consultant and international presenter on nutrition for more than 30 years. Gill leads the field of research in nutrition, exercise and teacher training in the UK. drummondclinic.co.uk



STEVE TREW

A leading triathlon coach and commentator, Steve has been in the game forever. You've probably heard his dulcet tones commenting on televised triathlons. You can reach him for coaching advice and details of his training camps at trew@personalbest.demon.co.uk.



FIONA DUFFY

News editor Fiona started running 15 years ago but after seven marathons (and constant injury) she switched to triathlon and has managed to remain pain-free. She's completed various distances, including a half Ironman and overcome a terror of clip-in shoes and open water in the process. She's just completed her first iron distance.

Triathlon PLUS

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We know you'll be able to handle the physical side; let's hope your brain can keep up with your legs...

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Alex, IT Systems Administrator, AWE



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TRAIN WITH BRIGHTON TRI CLUB
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PLUS A 12 MONTH RUN PLAN

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ITU WORLD TRIATHLON GRAND FINAL, CHICAGO RESULTS

Elite men

| | |
|-----------------------------|---------|
| 1. Mario Mola (ESP) | 1:44:53 |
| 2. Javier Gomez (ESP) | 1:44:57 |
| 3. Richard Murray (RSA) | 1:45:35 |
| 12. Jonathan Brownlee (GBR) | 1:46:19 |
| 26. Adam Bowden (GBR) | 1:47:11 |
| 55. Mark Buckingham (GBR) | 1:50:44 |

Elite women

| | |
|--------------------------|---------|
| 1. Gwen Jorgensen, (USA) | 1:55:36 |
| 2. Non Stanford (GBR) | 1:56:05 |
| 3. Vicky Holland (GBR) | 1:56:20 |
| 6. Jodie Stimpson (GBR) | 1:57:08 |
| 11. Helen Jenkins (GBR) | 1:57:46 |
| 56. India Lee (GBR) | 2:05:02 |

Gomez congratulates Mola



WE ARE THE CHAMPIONS

Two races in the final fortnight meant a nail biting climax for the ITU world series, which saw two big names back to defend their hard won titles

THE UNSTOPPABLE Javier Gomez (ESP) and Gwen Jorgensen (USA) basked in well deserved glory at the ITU World Triathlon Grand Series as they were crowned world champions for the second year running.

For Gwen Jorgensen, the victory was her 12th straight WTS win. While Javier Gomez made history as the most successful man in ITU World Championship history when he took the title for the fifth time.

GBR's Vicky Holland and Non Stanford were thrilled to flank their nemesis on the podium. By finishing in the top three at Chicago the pair sealed their qualification

for the 2016 Olympics in Rio (having already made the podium at the Rio test event in August).

Holland was still riding high after her success at the final race in the series at Edmonton, Canada, just two weeks before.

There Holland had swatted away bitter wintry conditions to take first place seeing off competition from Flora Duffy (BER) and Gillian Backhouse (AUS).

In the men's race at Edmonton, Richard Murray (RSA) won the men's race just ahead of Javier Gomez (ESP). GBR's Tom Bishop led for much of the bike leg and finished in 11th while compatriot Adam Bowden was 27th.

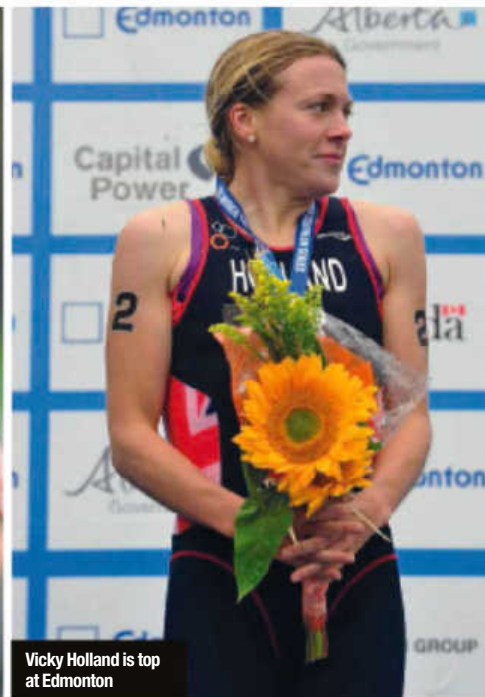
Two weeks on, Chicago welcomed the elite women. Carolina Routier (ESP) pushed the pace on the swim, followed by Katie Zaferes and Sarah True from the USA team, Emma Moffatt (AUS), and GBR's Stanford and Holland.

Out on the eight lap bike course, Flora Duffy (BER) pedalled a brutal pace but failed to break away from the peloton.

Within the first few minutes of the run the race was once again dominated by Jorgensen, Holland and Stanford.

The threesome opened up a 12 second lead after the first of four run laps. A back and forth battle then ensued between

Holland and Stanford apply the pressure



Vicky Holland is top at Edmonton

ITU WORLD TRIATHLON CHAMPIONS 2015 RESULTS

Elite men

| | |
|------------------------------|--------------------|
| 1. Javier Gomez (ESP) | 4930 points |
| 2. Mario Mola (ESP) | 4795 points |
| 3. Vincent Luis (FRA) | 4422 points |
| 11. Jonathan Brownlee (GBR) | 2695 points |
| 14. Alistair Brownlee, (GBR) | 2340 points |

Elite women

| | |
|-------------------------|---------------------|
| 1. Gwen Jorgensen (USA) | 5,200 points |
| 2. Andrea Hewitt (NZL) | 4081 points |
| 3. Sarah True (USA) | 4074 points |
| 4. Vicky Holland (GBR) | 3953 points |
| 8. Non Stanford (GBR) | 2890 points |

ITU WORLD TRIATHLON EDMONTON: (LAST RACE IN SERIES)

Elite men

| | |
|-------------------------|--------------|
| 1. Richard Murray (RSA) | 53:19 |
| 2. Javier Gomez (ESP) | 53:23 |
| 3. Mario Mola (ESP) | 53:34 |
| 11. Thomas Bishop (GBR) | 53:59 |
| 27. Adam Bowden (GBR) | 54:47 |

Elite women

| | |
|----------------------------|----------------|
| 1. Vicky Holland (GBR) | 58:55 |
| 2. Flora Duffy (BER) | 59:04 |
| 3. Gillian Backhouse (AUS) | 59:10 |
| 6. Non Stanford (GBR) | 59:44 |
| 27. Helen Jenkins (GBR) | 1:01:39 |

Jorgensen and Stanford as they took turns to lead the race.

It was neck and neck for the next two laps until, with 2.5km to go, the American cranked up the gears and took off claiming a clear victory at the finish line. Stanford followed in second, while Holland was delighted to take third.

Afterwards, Stanford said: "I tried to play it down, but I was under a massive amount of stress and now that it is done I am quite relieved that we got both places on the team for the Olympics. All I wanted to do was get on that podium."

Andrea Hewitt (NZL) finished Chicago in fourth place placing her second overall in the world rankings. Sarah True (USA) finished seventh on the day, but took bronze on the series podium.

Jodie Stimpson had her best race of the season to finish sixth while double world champion and Olympian, Helen Jenkins, was in 11th place. Both will now be competing for the remaining slot on the Olympic team.

In the men's race Javier Gomez (ESP) was pipped to the finish by fellow Spaniard Mario Mola who raced ahead in the last 100 metres, but still took top spot in the series rankings.

Richard Murray (RSA) pulled himself

into third with an incredible performance while Vincent Luis (FRA) finished fifth in the race for an overall third place ranking in the rankings.

"I think I have just done one of the best races of my life," said Mola on his win. "The feeling is amazing. Just to be able to run with Javi at the end, I hope the people enjoyed that as much as we did. It was an unbelievable race."

Sadly, Alistair Brownlee was ruled out of the series with an ankle injury and is now recovering from surgery earlier this month. Younger brother Jonny enjoyed his first race since May to mark his return from a femoral stress fracture. He was well placed after the swim and always near the front of the bike pack, however he lacked the run fitness to stay with the leaders.

In the World Paratriathlon championships Lauren Steadman GBR won the PT4 title. Alison Patrick wasn't able to defend her world title in the PT5 race for visually impaired athletes, but it took a monumental effort by Australian's Katie Kelly to beat her.

Ryan Taylor took bronze in the PT2 section (despite falling off his bike) while Britain's final medal was won by Lizzie Tench in the PT1 category for wheelchair athletes.

> FANCY THE IM WORLD CHAMPS 2016? SEE EU.IRONMAN.COM FOR QUALIFYING RACES

NEWS IN BRIEF

BIG NEWS MADE SMALL

CUTTING THE COST OF TRI

We all know race entry fees aren't cheap so it's great to see the Lakesman triathlon, a brand new Iron distance in the Lake District next summer, offering the option of paying in instalments. Perhaps other organisers will follow suit? For details of the 19 June race see thelakesman.com

INAUGURAL WINDSOR DUATHLON

British Triathlon has announced a ground breaking new British championship duathlon for next spring (3 April) at Windsor Great Park. The event will host five British champ races, plus the opportunity to qualify for the GB age group team, along with mass participation sprint and standard races. A priority entry window for home nation members opened on 10 October. To register interest log onto windsorduathlon.com

BYE FORESTMAN. HELLO GLADIATOR

After eight tough years, the Forest Man is undergoing a makeover (or make-under) to appeal to triathletes put off by the gruelling off road run course. Next June, the ForestMan (Iron distance race) officially becomes The Gladiator. Organisers say it retains the unique character of the original event but with a slightly less daunting final section. The 26 June race features a river swim, 112 mile bike through the New Forest National Park and a flat, fast run. For details see racenewforest.co.uk

NEWS

GOING FROM DESPAIR TO THE 'TRIOMPHE'

Wounded service men and women take on the world's toughest triathlon

AN INSPIRATIONAL

team of wounded, sick and injured military personnel is aiming to become the first disabled team to successfully complete the toughest triathlon in the world.

As we went to press, the 24 selected team members of Help for Heroes were finalising preparations for the Enduroman Arch to Arc starting on Saturday 26 September.

Relay teams were set to run 87 miles from Marble Arch in London to the Dover coast, swim across the Channel, then cycle the 181 mile bike ride from Calais to the Arc de Triomphe in Paris.

The Help for Heroes team has been training hard for nine months, ticking off an impressive list of races along the way, including Ironman UK and the Cotswold Classic, along with bespoke open water camps to recreate the challenging conditions of the Channel.

Mark Airey, strength and conditioning co-ordinator at Help for Heroes' Phoenix House recovery centre said: "It's fantastic that the group have come so far to this point. Sport provides optimism, self-belief and confidence in what can be achieved, and this is proven to be of particular importance to this group."

The 24 strong group has been split into four teams aptly named 'Inspire', 'Enable', 'Support' and 'Achieve'. They include: Jen Warren, 34, former regimental medical officer, who after being injured in a skiing accident in 2007, lost her mobility, independence and ability to do the job she loved.

"Disability might define what you can't do but the only limit on what you can do is your



Gold medallist Rob Cromey-Hawke

imagination" she says. She took part in the Lewa Marathon in Kenya in 2010, the first time it had ever been attempted in a wheelchair and has since become an anaesthetist and mother.

Rob Cromey-Hawke, 32, a former captain in the Royal Engineers, was a keen triathlete before being injured during his second tour of Afghanistan in 2012 when his vehicle drove over an Improvised Explosive Device.

He sustained a traumatic brain injury, back and spinal injuries. Last year his achievements included the Cotswold 113 triathlon and Ironman UK ahead of his triumphant Invictus Games debut as part of the British armed forces cycling and swimming teams where he won two gold medals.

Sean Donlan, 27, a former lance corporal with the Royal Electrical and Mechanical Engineers, suffered life changing injuries after a 2011 grenade attack in Afghanistan. After numerous operations, including a procedure to remove part of his skull, Sean took on the 260

mile Hero Ride cycle challenge alongside fellow wounded military earlier this year.

He says: "I am determined to make the most of every opportunity presented to me. When I was fit, I would never have dreamed of doing these endurance events, so to be competing in them now, after all I have been through, is unbelievable."

Dean Middleton, 30, a former paratrooper was left in a coma for four months after his vehicle was hit by a Taliban bomb in Afghanistan, killing his friend and leaving Dean in a coma for four months with a horrific head injury.

"I like to think seeing me and hearing my story gives the lads coming in some hope," he says. "I'm over the moon to be selected and delighted that all the training has paid off. I'm fitter now than I ever was pre-injury!"

For more information visit helpforheroes.org.uk/arch2ark

> THE VENTOUXMAN (2KM/90KM/17KM) IN PROVENCE IS SET FOR 29 MAY 2016

NEWS

TRIBUTE TO DANNY

It's always tragic to hear of a triathlon fatality. But the family and friends of Danny Cavanagh, 40, who sadly died while racing this summer, have created a lasting legacy in his name...



Danny's family including wife Nicki, and two sons (left) and Paul, fifth left

THE FAMILY of a triathlete who tragically died during the Bala Middle Distance Triathlon in June have made an emotional return to the venue to race again in his honour.

The Cavanagh family from Birkenhead, Wirral have been overwhelmed by the outpouring of condolences, support and charity donations from the triathlon community in the three months since Danny's sad death.

Older brother and fellow triathlete, Paul Cavanagh, 42, said: "Just after Danny died, I put a message on the Bala Facebook page, explaining what had happened, and was astounded at the response. We've raised £20k for Danny's charities and a lot of that's from the triathlon community."

In the heart-rending post, Paul recalled the last moments he spent with his brother as they bobbed in Bala Lake, waiting for the race to start. After a synchronised wetsuit wee to warm up the water, Paul recalls: "Danny smiled at me warmly, we embraced and he said 'if I don't see you again, Skip good luck'. We shook hands, the horn

sounded and we were away. That was the last moment I shared with my brother."

Nine miles into the bike ride Danny, a special needs teacher, suffered sudden unexplained heart failure." Paul wrote on the Facebook page: "Many of you never knew my 40-year-old brother personally, but please take it from me, he was an exceptional human being. He was kindhearted, funny, loving, giving and a great athlete. He was my little brother and best friend. He has left behind a beautiful heartbroken wife (Nicki) and two sons aged 13 (Rubin) and (Quinn, now 10) who all worshipped and adored him."

The Cavanagh family were touched at the response to Danny's death, from the spectators and fellow racers who rushed to his aid, to the organisers and triathletes who decided the race should be stopped and the prize purse donated to Danny's charities.

When Wreccsam triathlon club announced a Danny Cavanagh memorial swim prior to the Bala standard distance triathlon in

September, the Cavanagh family made a brave decision.

"I got about 60 people to come down to do both the swim and the triathlon," says Paul. The team included sister Jane, and her partner Steven, who had never done a triathlon before and 18-year-old cousin, Joe Haste, who learned front crawl especially to take part.

"It was really an emotional day," says Paul. "I wore the shorts he died in, rode the bike he died on. I did it with my heart where Danny will forever live."

Tests are on going but it is believed Danny died from Sudden Adult Death syndrome. "

"It was just one of those things," says Paul. "But he died doing something he loved which you get some solace from. Even the place where he died was picturesque, you can't find a more beautiful spot. It could have happened when he was nine or 15-years-old so maybe we should count ourselves lucky we had him for as long as we did."

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TOP FORM

Ironman Wales

2015 winner, Jesse Thomas, had never run more than 17 miles in his life.

Ironman Lanzarote

celebrates its 25th anniversary next May

Richard Varga

scored his fourth Aquathlon World Championship title.

Markus Fachbach

and Kathrin Walther of Germany took victory at Challenge Almere-Amsterdam

ITU Leeds

Olympic distance is sold out, but shorter distances are still available

Tim Don

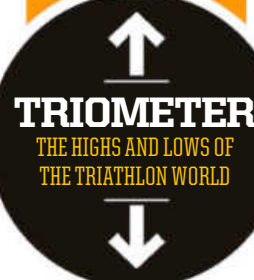
had 30 stitches in his face after a bike crash in Boulder before IM 70.3 world champs.

Disappointment

as 2012 IM World Champ Pete Jacobs withdraws from Kona due to illness

Challenge

Weymouth hit by saboteurs who spilt oil on the road and removed race signs



ON OUR RADAR

EVERYTHING BUT THE COW

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If you're lactose intolerant or simply looking for a non-dairy alternative to the usual chocolate flavoured protein drinks, Everything But The Cow has a tasty and natural alternative. Soya protein is blended with real fruit and honey to provide an ideal carbohydrate-to-protein ratio for recovery. The protein packed drinks are available in



three flavours, mango and orange, banana and kiwi, and strawberry and raspberry. Best drunk cold from the fridge, they're the perfect pre or post workout pick me up.

POOLMATE2

£70 swimovate.com

Tired of losing count when you're pacing up and down your local pool? Then it might be time to invest in a Swimovate PoolMate2. Along with the lap-counting technology, this new version has an open water mode to track your swims in lakes, rivers and the sea. It gives you all the data you need to optimise your training, including the speed, distance, duration, strokes, calories and efficiency in pools and open water, and has a mode for timing other activities.

It's easy to set up with a single calibration lap for the special open water mode, which uses the in-built accelerometer to work out your personal swim metrics.

It's available in four colours, black, grey, blue and purple.

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We're always on the lookout for a cool new brand and Paria is just that. Its cycling jerseys are designed by artists to ensure you stand out from the crowd, but you don't have to compromise on performance. The jerseys are made from breathable and wind resistant fabrics and there's a women's range with a cut more biased toward the female form, too.

With four good sized pockets including one zip and plenty of depth you can load up on snacks and hit the road. We're excitedly awaiting the launch of the matching bibs early next year.



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There's nothing more annoying than heading out for a run only to spend the first five minutes beforehand untangling a mess of headphones. The folks at Cordskinz know it too which is why they've invented a simple but clever sleeve you can slip on over your headphone wires to stop them tangling together. Simply thread them on with the supplied tool and you're good to go. With nine colours to choose from, you can coordinate with your run gear too!



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Check out our delicious chia pudding recipe on p41 for inspiration and an in depth nutritional breakdown.



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fitness-cafe.co.uk

As the cold weather creeps in we're looking to winter proof our running gear and CW-X's innovative running tights have caught our eye. The tights have been readied for the colder weather using a temperature regulating material to maintain your surface temperature, however low the mercury drops. Plus the integrated reflectors will ensure you're seen on those dark, winter evenings.

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DR ZAK'S PEANUT SPREAD

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Don't just rely on shakes and bars to boost your protein intake, sample some of these tasty nut butters on a piece of warm toast instead. There are five flavours including fresh raspberry, salted caramel, white chocolate and coconut, apple and

cinnamon and cherry bakewell, so you should find one to suit you. The spread uses partially-hydrolysed whey protein isolate, which means it's easier and faster for your body to absorb the 36g of protein each 100g of the nut butter contains. Plus it's Vegetarian Society approved so a great way for vegetarians to get that all important protein boost.



ON A
ROLL

SECRETS OF SUCCESS

TRI
TRICK

DON'T BE SAD



NATALIE SEYMOUR

Former GB hockey player Natalie Seymour is now carving out a new career as a champion middle distance triathlete



NATALIE SEYMOUR

Age 29 Job Studying for a doctorate in clinical psychology **Career highlights** Bronze medals at the World, Commonwealth and European championships in hockey. First woman at the Virgin London Triathlon 2013, Women's winner at IMUK 70.3 Exmoor in June 2015 and Sandman Triathlon in September 2015

MY FIRST experience of triathlon was cheering on my sister, aunt and uncle at the London Triathlon a few years ago. I really wanted to get out there and join them but I never dreamed that's where my future lay.

At the time I was playing hockey for Great Britain. But when I started a clinical psychology doctorate in 2012, I retired aged 27.

To keep fit while studying and working I started running and then I began commuting by bike.

My first triathlon was a standard distance in

Chichester in 2013. Later that same year I was the first woman at the Virgin London triathlon, the first race I'd ever watched. From that point I was hooked and I teamed up with Andy Bullock from Endurance Sports.

At the end of last season I decided to move up to middle distance and targeted IMUK 70.3 Exmoor. I'd been training well but I wasn't sure how my body would respond to the distance. It's a hilly course which suits me and I was thrilled to win.

At the Worlds, I was disappointed to finish 17th

in my age group but it was only my second 70.3 and with every race you learn something, which keeps you motivated.

I'm going to stick with 70.3 for a few seasons, as I want to see how fast I can get and compete at the highest level.

I love coming away from every race thinking, "I could have done this or that better" – you're learning all the time, which is really exciting. It's so much more than just swim, bike, run.

Natalie is ambassador for Everything But The Cow dairy free protein drinks

Dwindling sunlight and short days can leave triathletes less than cheery over winter.

Shona Wilkinson, head nutritionist at NutriCentre, advises athletes to avoid refined and sugary foods and opt for healthy whole foods which enable your body to make the right "happy mood" neurotransmitters. They also release energy slowly into the blood to help balance mood and energy levels. She also suggests a daily multivitamin and mineral supplement. Bright daylight stimulates the body's

production of serotonin, the happy hormone, so get outside as much as you can. Some people find dawn simulators and light boxes helpful. Even if you can't train outdoors, take a 15 minute walk every day and make the most of weekends for outdoor training.

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muscle soreness (DOMS) is the bane of any athlete's life and we don't all have the time or money to book a deep tissue massage whenever it strikes.

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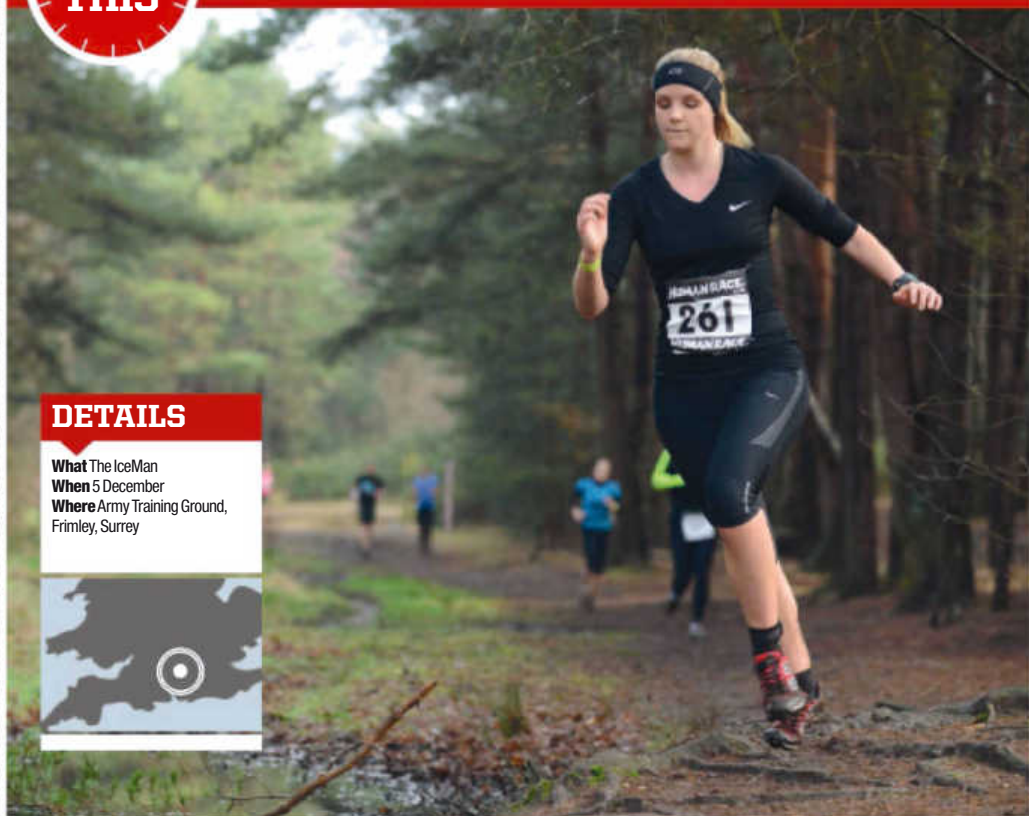
Be sure to apply minimally as there is most certainly a burning feeling on the skin. Available in Boots, Tesco and pharmacies.

RACE THIS

THE BEST PLACES TO TEST YOURSELF

DETAILS

What The IceMan
When 5 December
Where Army Training Ground, Frimley, Surrey



THE ICEMAN

Don't let plummeting temperatures stop you racing this winter

YOU MIGHT have chalked up a Slateman, Steelman, even an Ironman this season. But are you brave enough to take on The IceMan?

If you're looking for a challenge to keep you on the straight and narrow training path as Christmas approaches, this ticks all the boxes.

The IceMan is the middle race in a triple series of off-road races. There might not be an open water swim, but you'll tackle gruelling trails through everything Mother Nature can throw at you including mud, dirt, ice and hills in chilly December temperatures.

The duathlon consists of a hard two lap 10k off-road run loop, followed by a gruelling 18k three lap mountain bike circuit (featuring four long, steep hills the Army's tank force struggles to take on) with a flat 5k run to finish.

No mountain bike? No problem. Simply opt for the off-road 11k or 16k trail runs that will take you over rocky treacherous terrain with technical sections and some fast downward

slopes (for those with nerves of steel).

The IceMan is part of the successful Human Race off-road series. If you're quick off the mark you can enter all three in the series, which starts with WildMan (21 November at Ash Ranges near Aldershot, Surrey), and finishes with MudMan (5 March next year at the Ministry of Defence in Camberley, Surrey).

A duathlon series leaderboard awards points to the top 50 duathlon finishers at each event with prizes for the overall series champions.

Prices start from £25 for the trail run and from £46 for the duathlon (or from £64 for a team entry). Entry includes a free Craft technical T-shirt with prizes awarded for the top three men and women in each category, nutritional products are given out at the finish line and medical support provided. Chip timing facilities will text your finish time to your mobile phone as you cross the line.

See humanrace.co.uk for details.

THEY SAY...

Nick Rusling, CEO of Human Race Events

“The IceMan – part of our challenging off-road series – is a battle of you vs nature. There are no gimmicks involved and it's sure to test both body and mind, but it's tremendous fun at the same time. The IceMan, along with the WildMan and MudMan, has been full to capacity for the last two seasons so enter early to secure a place.”

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IRONMAN WALES

IRONMAN FIRST TIMERS JESSE THOMAS AND ANJA BERANEK MAKE THE NOTORIOUSLY TOUGH TENBY COURSE LOOK EASY

WHEN 13 SEPTEMBER 2015
WHERE TENBY, PEMBROKESHIRE
WINNERS JESSE THOMAS (USA) 8:57:33
 ANJA BERANEK (GER) 9:56:31

I HONESTLY may have bitten off more than I can chew," confessed Jesse Thomas, announcing he'd made the decision to race Ironman Wales. "I'm definitely underprepared and a little scared that my body won't be able to handle it, but I won't know until I get out there on Sunday."

Five days later a stunned Thomas was standing in first place on the podium, a staggering result for an athlete who had never run more than 17 miles beforehand.

Thomas got off to a great start exiting the water in third place behind GBR's Harry Wiltshire and Oliver Simon and remaining in third place throughout the punishing bike course.

However, on the run he came into his own taking the lead after 13 km and never letting go. His first ever marathon was the fastest of the day. Afterwards he said: "This has been the most magical day and a dream come true. I couldn't have asked for a better start to racing Ironman."

In the women's race Anja Beranek (GER) fresh from her bronze podium place at the Ironman 70.3 World Champs dominated the race from the outset. Exiting the water, alongside GBR's Carol Bridge, Beranek gradually pulled away from her rivals on the bike and cemented her lead on the run dancing down the finish chute more than half an hour ahead of Tineke Van Den Berg who took second place.

GBR's Emma Pooley continued her transition from cyclist to triathlete finishing in an impressive fifth place, while unfortunately Carol Bridge did not finish.

One thing's for sure, two new names have just joined the ranks of Ironman champions.



Jesse Thomas's surprise win

Elite results

Top 3 men

| | |
|---------------------------|---------|
| 1. Jesse Thomas (USA) | 8:57:33 |
| 2. Andrej Vistica (CRO) | 9:03:09 |
| 3. Markus Thomschke (GER) | 9:14:52 |

Top 3 women

| | |
|------------------------------|----------|
| 1. Anja Beranek (GER) | 9:56:31 |
| 2. Tineke Van Den Berg (NED) | 10:28:22 |
| 3. Katja Konschak (GER) | 10:29:55 |



CHALLENGE WEYMOUTH

THIS JURASSIC COAST CHALLENGE, WHICH WAS ALSO THE ETU EUROPEAN CHAMPIONSHIPS, SAW MAREK JASKOLKA AND CAMILLA LINDHOLM TAKE THE TOP PODIUM SPOTS

WHEN 13 SEPTEMBER 2015

WHERE WEYMOUTH, DORSET

WINNERS MAREK JASKOLKA (POL) 8:42:32

CAMILLA LINDHOLM (SWE) 9:41:31

B RITISH ATHLETES were out in force at the Dorset challenge. Home names included Stephen Bayliss, Graeme Stewart, Yvette Grice, Kate Comber, Vicky Gill and last year's runner up Joanna Caritt.

Kate Comber had a great race, joint-leading the swim and carving out a three minute lead on the bike. However Lindholm, who had exited the swim 14 minutes behind, was hot on her heels. By the 10km point on the run she was 1.13 minutes ahead, a lead she took right to the finish line.

Comber followed 11 minutes behind in 9:52:21 with teammate Vicky Gill just one minute behind in third, and Yvette Grice in fifth place.

In the men's race former champion Stephen Bayliss (GBR) led out of the water and sat comfortably in the lead group on the bike until 99km when Marek Jaskolka (SLO) took a calculated gamble and broke away. For the rest of the race, he was

uncatchable and clocked up an impressive 2:57 marathon to take the win and the European title.

Behind him, the race was on for silver. David Nasvik (SWE) clung onto second place until 30km on the run when he was caught by Jaroslav Kovacic (SLO). Meanwhile Sergio Marques was having the race of his life and ran the fastest marathon of the day (2:45:19) to take the third spot on the podium. GBR athletes Graeme Stewart finished fifth while Stephen Bayliss took seventh place.

Elite results

Top 3 men

| | |
|---------------------------|----------------|
| 1. Marek Jaskolka (POL) | 8:42:32 |
| 2. Jaroslav Kovacic (SLO) | 8:45:51 |
| 3. Sergio Marques (POR) | 8:46:51 |

Top 3 women

| | |
|---------------------------|----------------|
| 1. Camilla Lindholm (SWE) | 9:41:31 |
| 2. Kate Comber (GBR) | 9:52:21 |
| 3. Vicky Gill (GBR) | 9:53:26 |



Camilla Lindholm crosses the line



Daniela Ryf takes glory



Frodeno and Kienle congratulate each other

IRONMAN 70.3 WORLD CHAMPIONSHIPS

FRESH FROM VICTORY AT THE IM 70.3 EUROPEAN CHAMPS JAN FRODENO AND DANIELA RYF MAKE IT TWO IN A ROW AT ZELL AM SEE, AUSTRIA WORLD CHAMPIONSHIPS

WHEN AUGUST 30 2015

WHERE ZELL AM SEE, AUSTRIA

WINNERS JAN FRODENO (GER) 3:51:19

DANIELA RYF (SWZ) 4:11:34

IT WAS a case of déjà vu for the podium ceremony at Zell Am See, Austria with the current Ironman European Champions Jan Frodeno (GER) and Daniela Ryf (SWZ), again taking the gold spots.

The men's race marked round two of the seasonal showdown between the mighty German Ironmen Jan Frodeno and Sebastian Kienle.

It was just seven weeks since Frodeno had snatched victory and his rival's race record in Frankfurt so all eyes were on the rivals as the athletes lined up.

The statuesque Frodeno (all 6ft 4 of him) struck out early in the race, joining the leading pack with his teammate Andreas Bocherer at the helm.

The German athletes went on to dominate the tough bike course through the Austrian Alps but it was Frodeno who took the lead just 1.5km into the run.

Although Kienle had a faster run on the day, he was unable to catch his nemesis and sprinted down the finish chute just 90 seconds behind.

Javier Gomez, recovering from illness in the week leading up to the race, clawed his way from ninth to snatch the bronze position on the podium.

The women's race saw Lauren Brandon (USA) setting a new swim record with a blistering time of 22.53 exiting the water a minute ahead of defending champion Daniela Ryf (SWZ).

But once on the bike Ryf blazed ahead and never looked back. Averaging 38kph over the testing 90kph she remained uncontested for the rest of the race and strode across the finish in 4:11:34, more than 10 minutes ahead of her fellow racers.

Anja Beranek (GER) was in a comfortable second position on the bike for much of the discipline but was pipped into third place by Canada's Heather Wurtele who stormed through the field of runners and clocked up the second fastest run of the day.

All eyes are now on Kona. Will Frodeno and Ryf enjoy hat tricks in Hawaii? We'll bring you full reports in our next issue.



Ryf comfortable on the run

Elite results

Top 3 men

| | |
|---------------------------|---------|
| 1. Jan Frodeno (GER) | 3:51:19 |
| 2. Sebastian Kienle (GER) | 3:52:48 |
| 3. Javier Gomez (ESP) | 3:55:05 |

Top 3 women

| | |
|--------------------------|---------|
| 1. Daniela Ryf (SWZ) | 4:11:34 |
| 2. Heather Wurtele (CAN) | 4:23:07 |
| 3. Anja Beranek (GER) | 4:24:10 |



IT WON'T ALWAYS GO YOUR WAY ON RACE DAY

Bad races happen to everyone, but there's always something you can learn, reflects **age grouper Amy Kilpin**

I recently had one of those races that didn't really go to plan. It wasn't a complete and utter nightmare, but it tested every single fibre of my being, my mental resolve and almost made me question my passion for the sport.

Luckily, it followed what I later called "the perfect race" in Poland, where I came second in my age group and 13th female overall at Gdynia 70.3. So in a numbers game kind of way, it was almost inevitable I was due an upset.

Unfortunately, this bad race happened to be my A race: the Ironman 70.3 World Championships. My goal for the 2015 season was to qualify and compete in this

race. It was my primary objective for the year and everything had been building up to it. I was in good shape and it was time to take it down.

This was the single largest event I had ever competed in. I couldn't have dreamed that I'd end up competing in one of the biggest world championship triathlon events in the world, and here I was, in one of the most breathtaking settings for a race amid 5,000 athletes. You could feel the electric adrenaline coursing through the atmosphere. The world's nations coming together, the best of the best triathletes competing neck and neck.

I woke up the day before the race with bad stomach cramps, something I never

ever suffer from. All day I didn't feel right and I didn't feel much better on race morning. The race, for some obscure reason, was a late start and my start time was 12:05. The temperature was over 30 degrees and there wasn't even a smidgen of a breeze. It was stifling.

My swim went quite well, and despite the absurd heat and a 900m climb up a mountain with a 12 per cent gradient finish (people were walking with their bikes), my bike split was okay but nothing to write home about. The heat was certainly taking its toll. Then the run. Oh the dreaded run. I'm sure this used to be my favourite discipline at one point but it immediately felt like I was being tortured. I was in a lot of pain, and despite my wonderful parents being there to support me, I felt like crying and giving up.

After a torturous and harrowing run, during which I was devastatingly far away from my target pacing and unable to take on board any nutrition due to crippling stomach cramps, I finally finished. I burst into tears. It wasn't about the race, my disappointing time, my hurt ego or anything like that. I cried because of how much pain I had endured, and how much I had suffered. I had pushed myself to my absolute mental and physical limit.

I had positioned in 55th place in the world in my age group, not an impressive feat by any stretch of the imagination, but when I tried my first triathlon only three years ago this was something that would never even have entered my consciousness, let alone become a reality.

I know that every race isn't going to go to plan. There will be races where I don't perform and I know it also happens to the most talented elite athletes in the world. I can accept that I wasn't on top form due to a stomach upset and other varying factors, but more importantly, I won't make excuses because it has happened and it will happen again. It is part of the package; it comes with racing, especially when you're racing a lot.

Now, though, I'm tired. I'm tired of training and I'm tired of racing, but that's okay. We are all human and it's not sustainable to be 100 per cent motivated all of the time. As the season comes to a close, we need to feel like we are at the end of the tether, because that means we have given it our all.

I am feeling ready for my end-of-season break in order to recuperate, restore and recharge. It has been an incredible year, and I have no regrets. Everything I do is shaping who I become as an athlete, as a person. The good, the bad, and the ugly.

Read Amy's blog at amykilpin.co.uk

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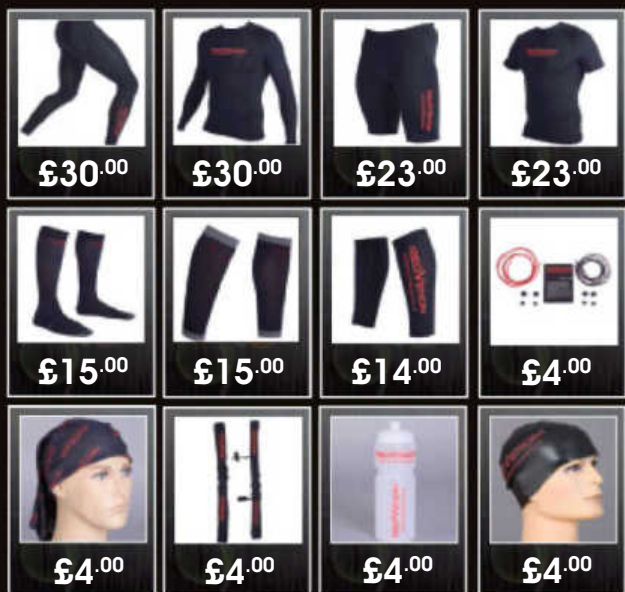
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LETTER
OF THE
MONTH

From trying times... to tri times

I THOUGHT AFTER

reading some of the stories in your magazine I'd send in my own.

In 2012, aged 20, I was diagnosed with fibromyalgia, an illness that causes pain and fatigue. At one point I struggled to even walk to the end of my street. After leaving my university studies in nursing, I gained seven stone and my confidence hit rock bottom. I also developed other health problems, which led to me being hospitalised multiple times in an 18-month period.

Over the next two years I slowly improved but still struggled. I'd always loved



swimming and cycling before falling ill and I really wanted to do a triathlon at some point. After meeting my care co-ordinator who is a triathlete, I was inspired to finally go for it.

I started training in February this year and in July, just five months later, I completed my first sprint triathlon (the Leeds Xpress Triathlon) in a time of 2hrs 23mins. I've already got my next one lined up for later in the autumn so it's

safe to say I've got the bug!

Triathlon has given me so much confidence. It's helped me lose almost three stone, and improved my health hugely. It's proved to me that no matter what challenges you face there's always a way to beat them. I'm now planning to return to nursing as I feel that if I can do triathlon, I can do anything.

Zoe Lister, Manchester

Editor says: Well done, Zoe. Letters like yours make our day here in the Triathlon Plus office. The benefits of this sport know no bounds. Good luck in your autumn tri. Any more inspiring stories out there? Drop us a line.



Letters win prizes...

If we pick your letter as Letter of the Month you'll win a Lazer Tardiz aero helmet worth £199, courtesy of Madison www.madison.co.uk

TURN IT OFF!

Am I alone in finding headphones a menace? It's always such a relief to read in triathlon event race rules "headphones are not allowed" and I wish road races would follow suit.

Lately I seem to spend all my time dodging headphoned runners who are lost in their own little world of music. Not only are they blissfully ignorant of anyone or anything around them (stepping off the pavement without even looking) but they lose all sense of steering, veering off to the left or right without warning and colliding with overtaking runners.

It's the same in a pool –



swimmers with music blaring in their ears never think to check if there is a frustrated backlog building up behind them before

pushing off for another lap.

And don't get me started on the dangers of cycling with headphones on.

Whatever happened to focusing on form, running in time with your breathing, taking in the sights and sounds, staying safe and even (radical thought I know!) striking up a conversation with a fellow runner or cyclist?

Chris Pennington, Liverpool

Editor says: There's definitely a split opinion when it comes to music and racing. You either love it or hate it. Which camp do you fall into? Should we ban the beat or encourage it?

FROM FACEBOOK

We asked: It's turbo time once more; what song always picks you up during a mind-numbing session

Pretty much any vocal trance mix from YouTube does me – as well as some of the indoor cycling videos ("turbo tripping" being my staple along with CTXC videos)...

Graham Mead

"Eye Of the Tiger" by Survivor; "Another One Bites the Dust" by Queen; "Pump it" by The Black Eyed Peas; "Roar" by Katy Perry; "All Fired Up" by Pat Benatar... somebody stop me now because I have loads on my MP3 player!

Tim Hardy

Most tunes on the Sufferfest videos
Lee Sutton

Anything from Earth, Wind and Fire
Keith Critchett

Anything on my 12-year-old son's iPod. I hated it at first but now can't turbo without it. "Highway to Hell" and "Thunderstruck" by AC/DC always get me out of the saddle.
Middle-aged mum

Join the conversation or just say hello to the team at Facebook.com/TriathlonPlus and twitter.com/TriRadar



15 WAYS

TO PREPARE FOR YOUR BEST EVER 2016

As your race calendar starts to thin out, coaching editor **Phil Mosley** explains how to utilise the off season to make sure you're in the best possible shape for next year

Words Phil Mosley Images CastleTriathlonSeries

Well, here we are already. It's the end of the 2015 triathlon season and winter is gradually creeping up on us. It's getting too cold to race in the UK and yet it seems too soon to start training hard for the 2016 season. So what are you going to do with yourself now? Put your feet up, scoff Ben and Jerry's ice cream and let all your

hard training go to waste? Of course not. There are plenty of things you can do to improve your results next year and for once they don't involve heading outside in your tri-shorts. In fact, this is the ideal time to prepare for 2016. That's because once you launch back into full training, the chances are you'll be too tired and busy to properly plan your season

to the best of your ability. Entering races, reflecting on last season, fine tuning your gear and equipment - all these things take a back seat once you're back in the swing of regular training. With that in mind we'll show you how to chill out, how to plan next season and how to train effectively for the next few months or so.

OFF SEASON TRAINING ADVICE

At the end of the triathlon season it's important to take some downtime. Here's how to enjoy eight weeks of semi-leisure without losing your fitness

TRAINING VOLUME AND INTENSITY

During an end-of-season break, the idea is to recover while staying fit. Take at least two days off per week but keep training. To help your body recover, perform most of your workouts at a comfortable low intensity and make them slightly shorter than normal. Take advantage of this period by having a sociable run with someone who might normally be too slow for you or by cycling to a coffee shop and back. Once or twice a week, throw in a few bursts of higher intensity just to remind your body that you're an athlete, so it doesn't de-train too much. This is the perfect opportunity to bring some balance back into your life by investing a little more time in your friends, family and career. You have all winter to train hard, so take advantage of this relatively short recovery period.

STRENGTH, CORE AND FLEXIBILITY

Many triathletes take advantage of this lull in training to get stuck into some strength, core and flexibility work. It's a good idea providing you can maintain it throughout the winter and into the race season. There's no point in doing four weeks of regular core stability training if you then stop completely for six months. The key is consistency, which can be hard to achieve once you're back into full swim, bike and run training. The best solution is to set a realistic target, rather than an overambitious one. For example, one yoga class per week will gradually improve your flexibility, while a weekly Pilates class will provide you with some quality core stability training. Make this a long term commitment, rather than an end of season fad.

OFF SEASON SWIMMING

There's a big technical element to swimming, so it's important to keep it up during the off season. Elite swimmers refer to this as "feel for the water" and they have a saying that goes: "Every day missed in the pool takes two to catch up". As a triathlete it's not normally feasible to swim every day, but you'll still need to swim a minimum of two or three times a week to maintain or



improve your performances. For this reason it's worth prioritising regular swimming over cycling and running during this end of season period. Try this recovery swim session for size:

All at an easy pace:

600 FC, rest 30 secs,
500 PULL BUOY, rest 30,
400 as (25 choice drill, 75 FC) rest 30,
300 as (25 BACK or BREAST, 75FC) rest 20,
200 KICK with FLOAT, rest 15
100 FC

RECOVERY PERIOD CYCLING

One or two bike rides per week are enough in the off season. There are two types of workouts you might try. The first is a 90 minute to two hour ride at the weekend. Ride mainly at a steady pace that requires some focus but also allows you to maintain a conversation. Ride with friends or just head out to a coffee shop, stop for a cake and head back home again. The other workout should be a shorter, harder mid-week ride. A static bike or turbo trainer would be ideal for this or you could even do a spinning class. Structure the session as you wish, but the idea is to include 20 to 30

minutes of hard cycling into a 45-60 minute ride. Here's a session for you to try:

Warm Up: 10 mins easy, 5 mins as (10 secs sprint, 50 secs easy).

Main Set: 7x3mins hard, at your approximate 20 minute race pace, with 90 secs rests.

Warm Down: 10 mins easy

RUN TRAINING

As with cycling, one or two runs each week are enough during the off season. The first session should be an easy or steady 35 to 45 minute run. During this workout, if you can't breathe just through your nose, you're going too fast. The other session to try is a steady run with a few short efforts thrown in. It's not supposed to be a super hard workout, but it's enough to stop you losing your fitness. Try this:

Warm Up: 15 mins easy/steady

Main Set: 15 mins as (2 mins hard at approx 5k race pace, 60 secs jog)

Warm Down: 5mins very easy jog





FIVE THINGS TO THINK ABOUT

Now that you don't need to train so much, you'll hopefully have more time on your hands. Here are a few things to mull over while you have your feet up

WEIGHT MANAGEMENT

Wouldn't it be great if you could eat as much as you liked without it making a difference to your triathlon results? Sadly it's not the case but during the off season you can at least afford to kick back and relax a bit. Go ahead and drink that beer you promised yourself and order that takeaway safe in the knowledge that from January onwards you'll be back on the straight and narrow. However, make sure you weigh yourself at the end of the summer and then weekly thereafter. Once you've put on four or five pounds of weight, it's time to hold back on the snacks and start training a bit more. You don't want to leave yourself a mountain to climb afterwards.



Image Shutterstock

BARGAIN HUNTING

October, November and December are the best months for bagging triathlon bargains. For instance, bike shops often sell their 2015 bikes for up to a third less than the July prices. This is because the 2016 models arrive in the spring and they need to flog their old stock first. In some cases the 2016 models are different, but often they are exactly the same bikes in different colours. The same applies to second-hand gear on websites such as eBay. Season specific items like carbon wheels and wetsuits can be found at mouth-watering prices in the bleak winter months. So rather than wait until the spring, now is the ideal time to break out your wallet.

ENTER RACES NOW

If you're planning on an exciting season in 2016, you need to start entering events now. Many of the biggest and best races sell out extremely quickly, sometimes in less than an hour such as Challenge Roth, Ironman 70.3 UK and The Outlaw. And it's not just the big long-distance events that fill up quickly.

"Now you can afford to kick back and relax a little. So go ahead and drink that beer"

Plan ahead so you're not left with a handful of inconvenient races to choose from. Another good reason to enter events early is that it gives you a sense of focus and fear that will motivate you to get out of the door when it's cold, dark and wet.

HOW TO MOTIVATE YOURSELF AGAIN

It can be hard to get back into the swing of things and by the time December looms into view you might find your old sense of motivation has deserted you. During this period the key word is momentum. The more momentum you pick up, the easier it gets. So on day one when you're feeling a bit heavy and unfit, you have

zero training momentum. You feel as if you have nothing behind you and six months of training ahead of you. If you can get through one week of training, you'll have seven days of momentum under your belt. Once you've successfully trained for a few weeks you'll start to feel you've achieved something. Focus on one week at a time and eventually your training momentum will start carrying you forward all on its own.

TRAINING HOURS

Think about how many hours you're willing to dedicate to your training next season. It's important to get this right, as it has a knock-on effect on other areas of your life. It can be tempting to think more is better but it's not always the case. Many triathletes are balancing a career, studies, a family and friendships, and it is important to allow yourself time and energy to enjoy these things. Set yourself a realistic training limit based on your available free time and what you want to achieve. For example, this might be an average of six hours training per week. Then stick to it and don't feel bad that you're not doing more.

PLANNING THE 2016 RACE SEASON

When you spend hours and hours training hard, it makes sense to devote some quality time to planning your race season.

Now is the ideal time to get stuck in. Here's how...

SETTING GOALS

Before you start training categorise your 2016 races as A, B or C events. Breaking them down into these categories increases your chances of peaking at the right times. The A races are the ones you really want to do well at. These are your main focus for the season. You can only do three or four in a season, as it's not normally feasible to be at your absolute peak for more than six weeks at a time. Therefore you might realistically aim for a mid-summer peak and an end of summer peak. B races are events you still wish to do well at, but they are not quite so important. You'd still taper for them, but you wouldn't build your race season around them. That leaves us with C races, which are events that you'd do either for training or simply enjoyment. The aim of your B and C races is to build relevant experience and fitness for your A races.

RACE RECOVERY TIME

There's no black and white answer to how much recovery time you need between races as this as it depends on how personally fatigued you are after each event. For sprint triathlons the bare minimum recovery time is one week. For an Olympic distance triathlon it'll take you at least two weeks. Whereas you're looking at two to four weeks after an Ironman 70.3 and anything from four to 12 weeks after a full Ironman. For some people, it may require longer. There's no shame in that and you shouldn't shortcut your recovery. Over racing can be stressful on your body, your wallet and even your relationships.

WHICH RACES SHOULD YOU DO?

There are so many races out there that narrowing them down can be difficult. Here's a simple five point tick list to help you decide. Every time you answer yes, add a tick. The more ticks per event, the better. Picking your races by these criteria will help make your season more exciting and also more fun for your family.



- 1 Is the event somewhere you'd like to visit even if you weren't racing?
- 2 Does the race suit your strengths and weaknesses?
- 3 Is it an event that you'd really look forward to?
- 4 Is there potential for a meaningful outcome such as a PB or a new distance conquered?
- 5 Is this race practical in terms of travel, route and accommodation?

CHEAP OR EXPENSIVE RACES?

Triathlon entry fees start at around the £30 mark. For this you'd usually expect a sprint distance event with a field of between 50 and 200. They have a low key feel and low-budget finisher or winner prizes. At the other end of the scale there are races organised by organisations such as the ITU, Ironman

and Challenge. These might cost up to £250 but often include fields of up to 3,000 participants, closed roads, a big expo, complementary rucksack, chunky finisher medal, meaningful prizes and lots of great supporters. Both types of event are worthwhile, so it's good to mix them up.

LIFE EVENTS

While you're planning your race season, make sure you take into account any major life events on the horizon. Things like weddings, births, house moves and new jobs all have a significant impact on your ability to peak for a big race. When you target an A race make sure your calendar is clear leading up to it. Take a few days off work, avoid any big projects and give yourself a chance to get as fit and fresh as possible.



“Breaking your races
down into categories
will help you peak at
the right times”



TRAIN SMARTER IN 60 SECONDS

Words Phil Mosley Images Joolze Dymond/Torq

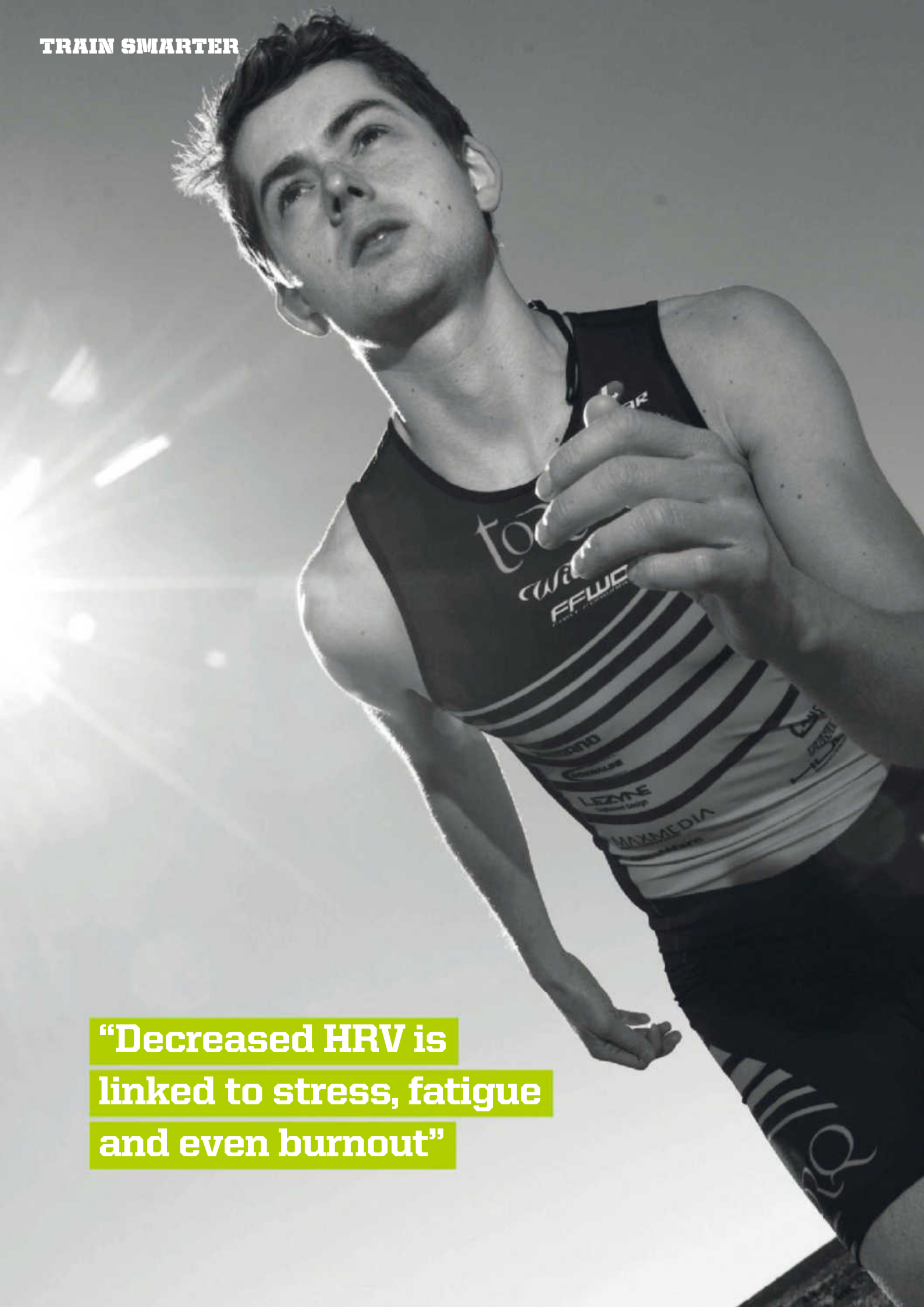
Coach **Phil Mosley** has the lowdown on the simple smart phone apps that are designed to optimise your training and recovery

Have you ever noticed how great you feel on some days, whereas other days you feel like you're training with a fridge strapped to your back? Don't worry, it's the same for everyone and there are all sorts of reasons. Often it's due to the after effects of a hard workout or the accumulation of fatigue over several days. It can also be caused by every day life stress such as work problems, emotional trauma and lack of sleep. Other days, it simply happens for no discernible reason whatsoever.

These daily ups and downs are all part and parcel of being a triathlete but if you train hard, you take some recovery time and hopefully your body will adapt. That's how you get faster. The tricky part is knowing when to train and when to rest. For a motivated individual, convincing yourself to take a day off can be tough. Are you really tired or just being lazy? Getting it wrong consistently can lead to staleness, injury and even illness. Thankfully a fairly recent concept called Heart Rate Variability (HRV) can help make these choices clearer.



TRAIN SMARTER



**“Decreased HRV is
linked to stress, fatigue
and even burnout”**

Hear Rate Variability (HRV) is measured as the time gap between your heartbeats, which varies as you breathe in and out. Research evidence links high HRV to good health and a high level of fitness, while decreased HRV is linked to stress, fatigue and even burnout. Studies also show that HRV is much lower in over-trained athletes compared to healthy ones.

A daily measurement of HRV can help you gauge your own levels of psychological and physiological stress. It can also indicate the impact of your hydration levels and even the effects of performance anxiety and nervousness.

Generally speaking the more relaxed and free from fatigue your body is, the more variable the time gap between your heartbeats. This is different in people according to the size of the left ventricle (an inherited trait), fitness level, exercise mode and skill (economy of exercise). Other influencing factors include age, gender, temperature, humidity, altitude, state of mood, hormonal status, drugs and stimulants such as caffeine.

It may sound complex, but thankfully there is an increasing number of smart phone apps that can measure HRV in a simple way. The most established is iThlete (£6.99, mythlete.com), which was released in 2009. Using a smart phone and a Bluetooth heart-rate belt or finger-pulse sensor, it asks you to perform a one minute test every morning before getting up. You simply sit in bed while



following directions to breathe in and out.

The iThlete app then gives you a score out of 100, with higher scores indicating lower levels of stress and fatigue. It also gives you a green, amber or red light, based on your most recent score compared to previous scores. This traffic light system helps you to decide whether to train hard, easy or not at all. A green light indicates that your body is ready and raring to go. An amber light signifies a slight downturn in your fatigue levels, while a red light comes on after several successive downturns in HRV, signalling it's time for a couple of days off training.

The app also allows you to manually enter metrics for sleep hours, training intensity and muscle soreness. These scores can then be viewed on a graph versus your HRV, so you can see how they contribute to your fatigue.

On the whole these smart phone apps are a great addition to your training armoury. Occasionally though they give you scores that seem counterintuitive, so it's still important to listen to your body too. However, if used consistently over time they can help you find a better blend of training and recovery. For sixty seconds per day it seems like a worthwhile investment of time.

FOUR MORE WAYS TO MEASURE FATIGUE

THERE ARE SEVERAL METHODS TO HELP YOU GAUGE YOUR TIREDNESS AND RECOVERY LEVELS. HERE ARE FOUR OF THE BEST...

TRAINING PEAKS

The US-based online training calendar enables you to record scores for a wide range of factors including sleep hours, stress, muscle soreness and fatigue. These metrics can be cross-referenced using their performance management chart, which tracks daily changes in training stress score – a measure of accumulated training duration and intensity. It all combines to give you a clearer idea of when to rest or when you're in peak form. Sign up for a free basic account at trainingpeaks.com

RESTING HEART RATE

This old-school measure was used to good effect by marathon world record holder Paula Radcliffe. Try it yourself by counting your resting heart beats for a minute while

you're sitting in bed after waking each morning. If your heart rate is around 12 per cent higher than normal, take it as a sign that you should rest or train lightly that day. Measuring HRV in conjunction with heart rate is thought to be a more effective measure of fatigue, but using heart rate alone is better than nothing.

FINGER BLOOD FLOW



If you have an iPhone 5 or 6 you can download a relatively new app called HRV4Training (HRV4Training.com). It uses the phone's camera to measure blood flow from the finger, allowing it to determine markers of

stress based on heart rate variability. Perhaps the biggest advantage of this method is its ease of use – it saves you having to put on a bluetooth heart rate belt or finger sensor as you wake in the morning.

RESTWISE

This website is dedicated to athletes who wish to track their recovery rate. It uses an algorithm based on a range of factors including pulse oximetry – a measure of how much oxygen you have in your blood. You simply answer a brief series of research based questions via their website or handheld app every day and the resulting recovery score will quantify your body's state of recovery. Free trials are available at restwise.com.

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INGREDIENTS

Serves 4

Ingredients:

2 cups coconut milk
2 cups plain Greek yogurt
1 tablespoon honey
¼ teaspoon vanilla extract
½ cup whole chia seeds
1 cup granola
½ cup fresh blueberries
½ cup fresh raspberries

METHOD

- 1 Combine the milk, half of the Greek yogurt, vanilla extract and the honey
- 2 Stir in half the chia seeds.
- 3 Put in the fridge for 20 minutes, stirring occasionally.
- 4 When thickened divide between four glasses.
- 5 Add ¼ cup of granola to each glass followed by the fresh fruit, then layer on a dollop of yoghurt.
- 6 Add some blueberries and raspberries to each glass, and sprinkle the remaining chia seeds on top.

BERRY CHIA SEED YOGURT PARFAIT

PUDDING DOESN'T HAVE TO BE EMPTY CALORIES, SAYS NUTRITIONIST **GILL CUMMINGS-BELL**

This is a highly nutritious recovery snack for those empty training legs. The milk, yogurt, honey, granola and berries provide high calories and fast-releasing carbohydrate so if you want to use the two hour window of speedy carbohydrate replenishment after exercise (when carbohydrate replenishes at four times its normal rate) this is a fantastic way of doing it.

When training daily, it can be difficult to replenish glycogen stores sufficiently between sessions. It can take up to 48 hours, which often means training the next day on depleted stores. With this fast-releasing nutritious snack, you use

your window of fast recovery for glycogen but also for proteins as well. The speedy protein recovery can help rebuild any muscle damage, enzymes and hormones structures.

The coconut milk is lactose free so is great for any intolerances as well as being rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorus. Coconut is high in fat so you do have to be a little careful with it, however the fat is a medium chain fatty acid, one of which is lauric acid which strengthens the immune system with

its antibacterial properties and helps recovery from training.

Chia seeds deliver great health benefits as well. They bring along fibre, protein, fat, omega 3s, as well as minerals including calcium, manganese, zinc, iron, magnesium and phosphorus. The antioxidant properties found in the minerals protect the good fat that chia seeds contain from which the body can produce many of its hormones.

Blueberries and raspberries add to the nutritious content with their fibre, vitamin and mineral antioxidant properties and their phytochemicals which aid the absorption of nutrients.

Blueberries also contain vitamin K which protects the blood flow. Raspberries contain raspberry ketones which have the ability to increase enzyme activity, oxygen consumption and increase fat metabolism in some fat cells.

This pudding is a great snack and certainly beats a slice of cheesecake.

PER PORTION

Calories 214
Carbs 29g
Fat 5g
Protein 14g
Sugar 17g

RECTIFY RUNNER'S KNEE

There's nothing more frustrating than a running injury knocking you off your training. We spoke to Six Physio's **Rachel Whittaker** to find out how to fix it.

WHAT IS IT?

Runners hit the ground with anything between five and nine times their body weight on each stride. Over distances from 5km to a 26.2 mile marathon the cumulative effect of those impacts is immense, especially when taking into account the repetition during training and events. For triathletes who run regularly, the main areas of weakness are the knees and ITBs (iliotibial band which extends from the outside of the pelvis, over the hip and knee, inserting just below the knee) from the continual stress of bending your leg on the bike and extension movements of running.

Patello-femoral pain syndrome (PFPS) is also known as runner's knee and occurs when the stress of running causes an irritation where the kneecap sits on the thigh bone. Common causes of runner's knee include overuse due to repeated bending and loading to the knee joint, direct trauma such as a fall, misalignment of the kneecap and a muscular imbalance of the thigh muscles which can lead to a disproportionate load on the knee cap. This last cause is often due to an ITB injury, which in turn could be caused by a mobility issue, strength, control or simple technique fault.

It's important to see a specialist to work out which of these factors is causing the pain in the first place. Symptoms of runner's knee may include pain behind or around the kneecap, especially where the thigh bone and knee cap meet, pain when you bend your knee, for example when walking, squatting, kneeling, running or even rising from a chair. It may also be painful when walking downstairs or downhill and it can be common to experience a popping or grinding sensation behind your kneecap.



Image Shutterstock

FIX IT

In the initial stages of pain it is important to rest the knee for a few days, with elevation, compression and regular application of ice if your knee is swollen. Taking anti-inflammatory medication may also be required if the pain and swelling is moderate to severe. Exercises recommended for runner's knee include using a foam roller to release the ITB, quads, hip flexors and gluteal muscles along with hip flexor and gluteal stretches and strengthening exercises for the gluteal muscles in a non-weight bearing position initially, with progression into standing exercises. If the pain persists when you return to running after five to 10 days, it is recommended you consult your doctor, an orthopaedic specialist or a physiotherapist for further guidance or treatment.

It is also important to remember that a staggering 50 per cent of running injuries are reoccurrences

and so prevention is key. Do not ignore sore spots, for example in the front or outside of your knee, front or inside of your shin, and around your Achilles tendon to prevent injury happening in the first place. Although it can be frustrating, take the time to allow for the soft tissue healing process by resting and icing the area for a day or two. If this isn't enough to ease pain continue to rest and try some light rehab. Cross training will help you to maintain fitness plus try foam rolling the areas above and below the sore spot and taping if necessary. A running assessment may also be beneficial to identify any problems with running technique, which may be affecting your biomechanics.

**Six Physio is on site at Castle Triathlon events offering post-race massage or visit any of the Six Physio clinics in London and the South East. sixphysio.com/services/triathlon*

LEG LIFT

- Lie on your side with your top leg held out straight in line with your body, parallel to the floor. Your bottom leg can be bent or straight.
- Lift your top leg up to work your side buttock muscle. Ensure you do not roll your pelvis back.
- Hold, then lower down parallel to the floor.
- Change to the other side.
- Three sets of 20 for each leg.



SQUAT

- Place your back against the ball on the wall and step your feet one foot forward, hip width apart.
- Align your posture.
- Squat down keeping your knees in line with your second and third toes and in line with your hips.
- Hold and then return to the start position by pressing through your heels.
- Repeat three sets of 15.
- Progress to longer holds.

ITB RELEASE

- Side lie on the roller as shown.
- Use your foot on the floor to take some of your body weight and roll you over the roller.
- Roll along your outer thigh to release any tightness from the hip to the knee.
- When you find a tight or painful spot, maintain the pressure until you feel it release.
- Do not hold your breath.
- Spend approximately two minutes rolling your ITB although expect to build up from 30 seconds for each sore spot.



GLUTE MED ON WALL

- To work the right gluteal, stand side on to a wall on your right leg with your left knee resting against the wall.
- Gently contract your buttock muscle on your right leg to stabilise, keeping your weight towards the heel of your standing leg.
- Press your left knee into the wall without moving your pelvis or spine.
- Hold for 30 seconds.
- Repeat three times on each side.



CLAM

- Lie on your side with your spine in a neutral position.
- Draw your sitting bones together as you lift your top knee as far as you can control without rolling your pelvis back or moving your spine.
- Keep your feet together throughout the movement.
- Hold and then control your leg back down.
- Change to the other side.
- Three sets of 20 for each leg.
- Add a resistance band around your knee to progress.



Q&A

ASK THE EXPERT



Physiotherapist
Alex Hunter from
Six Physio
(sixphysio.com)
answers your question

Q. I used to run three times a week until I developed a pain in the Achilles area of my right ankle about a year ago. It was swollen and particularly sore in the morning. I saw a sports physio who said my Achilles was inflamed and had some scar tissue build-up. After a three month break from running, I started again but the problem returned. Now even jogging on the spot for a few minutes causes pain. Michele O'Connor, via email

A. Sounds like you've got what is known as an Achilles Tendonopathy. A tricky injury, but there is light at the end of the tunnel. Strengthening rather than stretching is the cure. You need to put yourself through a strict "eccentric" strengthening regime for your calf and Achilles. This causes a physiological reaction that remodels the scar tissue in the tendon. This should be prescribed by a physiotherapist and must be done every day for three months. It's also really important to have strong quads, glutes and core to share the load the Achilles tendon takes.

SEND YOUR PHYSIO QUESTIONS TO: TRIATHLONPLUS.ED@KELSEY.CO.UK



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WE'RE INSPIRED BY...



GOING FOR GOLD

Vicky Holland reveals how it feels to make the Olympic team 2016 and how she's come back from injury in the best shape of her life

Words Debbi Marco

Images Rich Cruse/ITU; Delly Carr/ITU; Romilly Lockyer/ Dassi

"It's like we had to break me to rebuild me even better"



Q. Congratulations on your podium at the ITU Grand Final, Chicago. You must be pleased?

It's a tremendous relief to have met the selection criteria and I'm absolutely delighted with third. You approach selection races slightly differently as you go to those races with the explicit intention of being on the podium. Winning would be a bonus. I had the best swim of my year so I was feeling confident by the time I was on the bike.

Q. How did you find the Rio test course back in August?

The swim felt really long and I felt a bit squeezed out at the first turn point. When I did get out of the water I was in the front bike pack but quite a long way back. It was an extremely tough bike course, which we expected but there wasn't a lot going on. There were no real surges

or attacks. I think everyone was testing out the course and making notes on it for next year, so no one was really willing to do anything. I wasn't feeling great on the run and was just hanging onto the back of the girls when I tripped over a barrier. It meant I had to really chase for third place. In a strange way, it gave me just the adrenalin surge I needed to secure a podium position.

Q. Now you've made the Olympic team, what are your training plans for 2016?

It's going to be a lot of the same to be honest. We've qualified with such strong criteria Non [Stanford] and I are medal prospects. We don't need to change masses but Gwen [Jorgensen] is still a level ahead. I think the biggest thing Non and I will do is try to remain injury free and healthy so we can have a consistent winter. I read recently

Gwen's coach said she'd only missed two scheduled runs in three years. Neither of us have that background but if we can keep building, it will get us closer. Our aim now is to keep improving on what we're doing and put that little bit of pressure on her. At the moment I'm not entirely sure she feels that much pressure, but everybody's beatable, even Gwen!

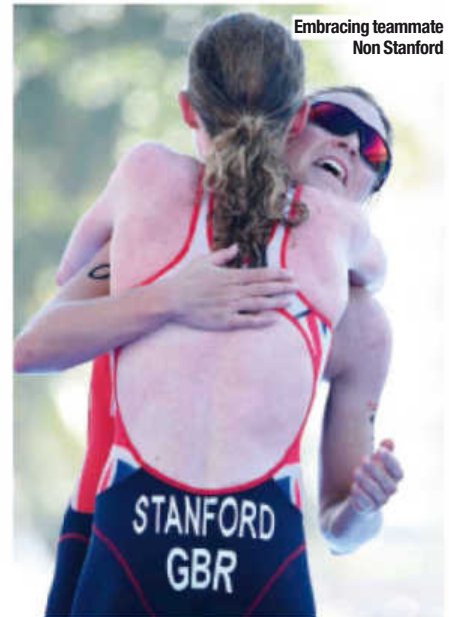
Q. You've been racing really well recently. Why do you think that is?

"I think it's a couple of things. The first is that it's my second year in Leeds. It's known to be a high volume training centre which will push and push. Now I'm in the second year I think my body is much better at coping with the volume of training. I'm a bit stronger and fitter so I can absorb it better.

The second is that I was injured and I had to work closely with the physio and



Vicky grabs gold at Edmonton



Embracing teammate Non Stanford



medical team and the way we rebuilt me means I have a lot more range through my feet. I tore my left plantar fascia and had chronic plantar fascia in my right one. I had work done on both feet so we had to alternate which one we were working on at any one time.

The injury was something that had been building for probably six years. It had been at a background level that I could manage but realistically it was inhibiting me because I wasn't able to flex my foot. I ran about 10k of every race on plyometric ability alone but now I've got some range and movement in my feet I seem to be a lot better than I was before. It's like we had to break me to rebuild me even better.

Q. How did you rebuild yourself?

I had a dextrose injection, which promotes the healing of that area. Then I had a PRP

[platelet rich plasma] injection where they take blood out of your arm spin it to get the platelets out and then inject them into the area that had been torn to help it heal.

On top of that I had intensive physio twice a week, working on getting my feet to stretch and mobilise along with calf stretching as my calves weren't loose enough to allow my feet to move. Now my feet work which is brilliant!

Q. Have you changed the way you look at your nutrition?

I often hear people talking about diet and nutrition and maybe for the top one or two per cent you have to look at every angle to make you faster stronger and better, but I think for a normal person putting too much emphasis on diet and nutrition is the wrong way to go. There are so many fads these days and it's a lot of money and work to follow one of these. It not

only puts a lot of strain on you but on the people around you. You could spend that time doing a specific turbo session instead. Spend the money on a coach or advisors or being part of a swimming team which is going to improve your stroke. I think you can make so many other massive gains rather than focusing on the nutritional side of things which is such a marginal aspect. From a personal point of view I think putting too much emphasis on nutrition can actually be quite emotionally stressful.

I was part of a training group for three years where there was a weigh-in every week or two weeks and skin fold tests. There was a bit of a culture that you've failed if you haven't lost weight and you will never be good if you're not this skinny. I'm the fittest and leanest I've ever been as an adult right now and this has happened gradually ever since I moved

WE'RE INSPIRED BY...

SHARE YOUR STORY

Do you have a story that can inspire fellow *Triathlon Plus* readers? Then don't be shy, email to tell us and you could be featured on these pages!



“When it becomes a struggle to get out the door every day, that’s when I think it’s time for a change”

on from that group. I’m sensible. I’m balanced. I eat chocolate and cake.

Q. You’ve spoken in the past about struggling to find a training/life balance, do you think you’ve found it now?

I came from a swim-run background and the bike was always a struggle. Now though, Leeds has such

fantastic roads to ride and it’s such a great team to be part of, it never seems such a chore to get out there with your mates for four hours. I won’t say that every day especially if it’s raining or zero degrees. The things I still love the most are the real top end swim sessions and the track sessions because those were the things I loved growing up. Running gives you a sense of freedom. I really like running on my own. It’s time to think and put some music in. At the moment everything is in quite good balance between having a social life and time for my family but still being able to train as I need to. I’ve swung too much on the side of social life and other times too much training and not been happy.

Q. What are your plans for the future?

It’s really hard with an Olympic cycle to look further than that. Every day is a brick in the wall to getting closer to that start line. I’ll be 30 when we’re in Rio and I’ll have been doing the sport for over 10 years, swimming since I was seven and involved in running since I was 14. It’s nice to think I will move on at some point and have another life and a different goal. I’ve done some work broadcasting with the BBC around Olympics 2012 and I really enjoyed that. Somewhere in the back of my mind I would like to be a teacher. For now the aim is Rio and I like to think the Commonwealth Games in 2018 too. When it becomes a struggle to get out the door every day, that’s when I think it’s time for a change.

“Putting too much emphasis on nutrition can actually be quite emotionally stressful”



SUDDENLY I SEE...

Mentally preparing for things that could go wrong will help you deal with race day hiccups, says **Steve Trew**

Visualisation is one of those buzz words that everyone seems to subscribe to, but the reality may be somewhat different. That old cliché “if you don’t dare to dream, then how can you make those dreams come true?” is evident here.

So what is visualisation? The easy answer is “seeing yourself in a race”, but it needs to be a lot more than that! Visualisation used properly should prepare you for every eventuality that the race might present. You have a puncture? Great! (Well, sort of!) Because you’ve visualised it already and you’ve planned how to deal with it. Similarly, goggles getting knocked off, being kicked or scratched during the swim, falling over in transition, crashing or skidding on the bike, fluffing getting your shoes on in transition and sunglasses steaming up at start of the cycle. Tough circumstances can occur, but planning and being ready for them makes them easier to deal with. You’ve already visualised them and

therefore you have decided how to deal with them.

However, it’s not recommended you visualise a massive failure at a major championship! You can visualise anything as long as you haven’t lost and you are dealing with it.

Although we use the term visualisation for seeing the race, I believe there is far more to it than that. With the athletes I’ve coached over the many years, we used the other senses as well to prepare and be ready for a race. What does it smell like? The athletes trussed up in neoprene on a hot day, the crush of sweaty bodies in transition all fighting for a similar space. What does it taste like? Salty water perhaps? Or dust and dirt lingering on your tongue as you take a breath in a less than ideal lake. What do you hear during a race? The exhausted breathing next to you on the run, the sigh of effort as you overtake someone on a steep climb during the bike, the fantastic noise of the crowd cheering you in on the final few hundred metres. Just as importantly, what does it feel like? Feeling can be touch, of course,

but it’s also the emotional state that comes when you’re out there in the arena. It can be euphoric (sometimes bringing you to tears); it can be heartbreaking when things don’t go as you’d expected them. Knowing what those emotions feel like, and having a strategy for dealing with them, is crucial. As another old cliché states: “There’s no such thing as a bad race, only a learning one.” If you can bring that to mind when things have gone wrong, it can be the one thought that gets you through to fight another day. You have to anticipate every possible situation that may arise and plan how to deal with that situation.

So how do you go about visualising? You have to put yourself in that race situation even if it’s in your mind. Placing yourself at the event makes it real. So as you’re unfolding various possibilities and outcomes in your mind, make sure you’re visualising them happening at the race. Otherwise it becomes as if you’re looking at something happening on the television and that removes the action a little bit more from the reality you’re trying to simulate. Staying with that TV comparison, it’s important that you see yourself and the action around you in colour, not black and white, as the full technicolour keeps everything closer to reality while black and white removes it.

Before you start your visualisation, make sure you’re in a quiet and calm place. Usually it’s better if you’re by yourself, but if you’re in a group make sure you have your own private space. Our squad would sometimes have a group visualisation session where I would set the scene and each athlete would follow through. Choose somewhere comfortable and warm to sit or lie down. Start by closing your eyes, slow your breathing, focusing on your body. We found the whole process would often work well after a hard session or a hard couple of days when the need to relax and recuperate seemed to make our minds more amenable to suggestion. Go through your up and coming race from start to finish in your mind, see yourself from the inside going through every single part of the race. See what can go wrong, but also visualise that perfect race. When things are going well, have a plan on how to capitalise on that, too. Prepare the feelings for it. You’ll go even better!

Steve Trew

Coach & commentator



Steve is currently visualising his race; it’s going so well he can almost see himself breaking into a walk. Steve is an advisory coach for Speedo. He can be contacted for all things triathlon on trew@personalbest.demon.co.uk

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THE RACE LIST

PLAN FOR THE MONTHS AHEAD WITH OUR GUIDE TO EVENTS IN THE UK

Notes and key The Race List

AT THE TIME of going to press, some race details were yet to be confirmed. Before entering a race, or if you can't find your favourite event here, please contact the organisers for the most up-to-date information. Distances given are: for triathlons, swim/bike/run; for duathlons, run/bike/run; and for aquathlons, swim/run. Swim distances are in metres up to 999, then kilometres. Bike and run distances are in kilometres unless otherwise stated, with 'M' denoting distances are in miles.

OCTOBER

SUNDAY 11 OCTOBER

EAST RIDING TRIATHLON

Distance: 400m/24k/5k
South Hunsley Sports Centre, Melton
eastridingtriathlon.com

GARMIN KINGSTON RUN CHALLENGE

Distance: various
Kingston-Upon-Thames, Surrey
humanrace.co.uk

HUNTSMAN TRIATHLON

Distance: various
Hawley Lake, Camberley, Hampshire
GU17 9LP
alwaysaimhigherevents.com

THE OSPREY SPRINT AUTUMN RACE

Distance: 300m/17k/5k
Weymouth, Dorset
bustinskin.com

SATURDAY 17 OCTOBER

ALTHORP DUATHLON

Distance: Various
Althorp Estate, Northampton,
Northamptonshire, NN7 4HF
onyourmarksevents.org

CLUMBER PARK OFF ROAD DUATHLON

Distance: 5k/16k/3k
Clumber Park Off Road Duathlon,
Worksop, Nottinghamshire, S80 3AZ
onestepbeyond.org.uk

SUNDAY 18 OCTOBER

CHILHAM CASTLE DUATHLON

Distance: various
Chilham Park, Canterbury, Kent,
CT4 8DB
trispirevents.com

DARTINGTON DUATHLON

Distance: 10k/40k/5k
Dartington Hall Estate, Totnes,
Devon, TQ9 6EL
dartingtonduathlon.co.uk

MONSTER INTREPID DUATHLON, NORTH NORFOLK

Distance: 24k/116km/24km
Holme-next-the-Sea, Hunstanton,
Norfolk, PE36 6LG
MonsterRacing.net

ST LUKE'S HOSPICE TRIATHLON

Distance: 400m/20k/5km
Blackshots Leisure Centre, Grays,
Grays, Essex, RM16 2JU
stlukeshospice.com

SATURDAY 24 OCTOBER

GO TRI GREEN PARK READING

Distance: 2k/8km/2km
Green Park Conference Centre,
Reading, Berkshire, RG2 6GP
gotrigreenparkreading.org

GO TRI HORSHAM

Distance: 200m/5km
Horsham Pavilions, Horsham, West
Sussex, RH12 2DF
horshamtriclub.co.uk/go-tri-
events/

SUNDAY 25 OCTOBER

EAST GRINSTEAD AQUATHON

Distance: 500m/5k
The Kings Centre, East Grinstead,
West Sussex, RH19 3LN
egtri.com/aquathon

HALESOWEN DUATHLON

Distance: 4k/35k/8k
Walton Hill Car Park, Clent, West
Midlands, B62 0NL
halesowentri.org/

JEKYLL & HYDE PARK DUATHLON

Distance: 8k/21k/4k
Hyde Park, London, London,
Greater London, W2 2UH
serpentine.org.uk

NOVEMBER

SUNDAY 1 NOVEMBER

BAYSIDE AUTUMN DUATHLON

Distance: Various
Stokes Bay, Gosport, PO12 2QT
baysidetri.co.uk

DARLEY MOOR DUATHLON RACE 3

Distance: 5K/20k/5k
Darley Moor Racing Circuit,
Ashbourne, Derbyshire, DE6 2ET
crazylegsevents.co.uk

GO TRI NUNEATON AQUATHLON

Distance: 400m/3miles

The Pingles Stadium, Nuneaton,
Nuneaton, Warwickshire, CV11
4LX
entrycentral.com/gotrinuneaton4

TRICK OR TREAT RUN

Distance: various
Richmond Park, Richmond upon
Thames
humanrace.co.uk

SATURDAY 7 NOVEMBER

CEP WINTER BALLBUSTER

Distance: 8K/24Kk/8k
Box Hill, Tadworth, Surrey, KT20
7LB
humanrace.co.uk/events/duathlon/
winter-ballbuster

EVIL SHERIFF OFF ROAD DUATHLON

Distance: 5K/16K/3.6k
Sherwood Pines, Edwinstowe,
Nottinghamshire, NG21 9JL
onestepbeyond.org.uk

SUNDAY 8 NOVEMBER

AMBLESIDE DUATHLON DASH

Distance: Various
Lakes School, Troutbeck Bridge,
Windermere, LA23 1HWk
onyourmarksevents.org

HILLINGDON NOVEMBER FAMILY DUATHLON

Distance: Various
Minet Park Cycle Circuit, Hayes,
Middlesex, UB4 0LL
hillingdontriathletes.co.uk

FRIDAY 13 NOVEMBER

GO TRI REDBRIDGE DUATHLON

Distance: 1m/2m/1m
Cricklefields Athletics Ground,
Ilford, Essex, IG1 1UE
redbridgeduathlon2015.eventbrite.
co.uk

SUNDAY 15 NOVEMBER

BURNTWOOD AQUATHLON

Distance: 400m/5k
Burntwood, Staffordshire
burntwoodtriclub.org

CIRENCESTER OFF ROAD DUATHLON

Distance: Various
Cirencester, Gloucestershire
triferris.com

DUATHLON ROCKINGHAM

Distance: 5k/19k/5k
Rockingham Circuit, Corby,
Northamptonshire, NN17 5AF
sbrevents.co.uk

VELOPARK CLAPHAM CHASERS WOMEN'S DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,
E20 3AB

entrycentral.com/claphamchasers-
womens-duathlon

SATURDAY 21 NOVEMBER

GO TRI - HADLEIGH PARK

Distance: 1k/1k/2k
Hadleigh Park, Benfleet, Essex,
SS7 2PP
activeessex.org/events/go-tri-
winter-series/

GO TRI HIGHLEY DUATHLON

Distance: 500m/10k/3k
Severn Centre, Bridgnorth,
Shropshire, WV16 6JG
entrycentral.com/event/104106

WILDMAN DUATHLON

Distance: various
Ashvale, Aldershot, Surrey
humanrace.co.uk

SUNDAY 22 NOVEMBER

TRIPURBECK SIKKA DUATHLON

Distance: various
Sika Trail Wareham Forest,
Wareham, Dorset, BH20 7PA
tripurbeck.com

VELOPARK LONDON FIELDS TC FALLING LEAVES DUATHLON

Distance: 2m/10m/1m
VeloPark, London, Greater London,
E20 3AB
entrycentral.com/LFTC-falling-
leaves-duathlon

9BAR CHILLY DUATHLON

Distance: 3.2k/16.1k/3.2k
Castlecombe, Wiltshire
dbmax.co.uk

SATURDAY 28 NOVEMBER

NOTTINGHAM OFF ROAD DUATHLON

Distance: 5k/16k/2.5k
National Watersports Centre,
Nottingham, NG12 2LU
onestepbeyond.org.uk

DECEMBER

SATURDAY 5 DECEMBER

ICEMAN DUATHLON

Distance: various
Frimley, Surrey
humanrace.co.uk

SUNDAY 6 DECEMBER

BCT SPLASH AND DASH

Distance: 400m/5k
Wombourne, Staffordshire
blackcountrytriathletes.com

KIELDER OFF ROAD DUATHLON

Distance: 7k/20k/6k
Kielder Forest Park,
Northumberland
higherterrainevents.co.uk

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IT'S A RIGHT ROYAL RACE

As Windsor Triathlon returns for an historic 26th year, now is the perfect time to add it to your race calendar

Windsor Triathlon is one of the most well regarded and longest running Olympic distance triathlons in the UK, so it's no surprise it's a seven time winner of the British Triathlon Federation's Event of the Year.

Entries are open for this iconic event which takes place on 12 June 2016, in the shadow of the historic Windsor Castle, making this an event that needs to be ticked on every triathlete's "must race" list.

Since its debut in 1991, tens of thousands of participants have competed with 2015 boasting the largest field yet, once again confirming its popularity for both beginners and experienced triathletes.

In keeping with previous years, two distances will be on offer in 2016, with the choice of the sprint (750m swim, 30k bike, 5k run) or the popular Olympic distance (1.5k swim, 42k bike, 10k run).

Triathletes will start their swim in the River Thames, before exiting and heading to transition located in Alexandra Park in the centre of historic old Windsor town.

From there participants will follow the carefully designed bike course that heads through the beautiful rural villages of Berkshire before looping back into town.

The multi-lap run section takes competitors past the famous Eton College, which Prime Minister David Cameron attended and alongside Windsor Castle. While we can't guarantee any personal support from Her Majesty the Queen, the finish straight, which takes participants back alongside the Thames, will be lined with crowds of supporters cheering you across the line.

In 2015 Olympic triathlete and former winner Stuart Hayes returned to Windsor to take the male title, whilst Sarah Lewis took the female accolade. In 2016, Emma Pallant, GB athlete turned triathlete will be taking part, determined to be crowned the female winner.

Entries are open now so don't miss your chance to win a royal medal.

To enter visit: www.humanrace.co.uk/windsortriathlon



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BEST FOOT FORWARD

60 Our testers hit the road and hills to bring you the best running shoes

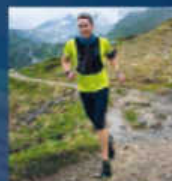
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MINITEST

We tried six caffeine gels for boost and taste

4
RIDE
REVIEW



Words: Guy Kesteven Photo: Mick Kirkman

BRAND NEW BIKES PUT THROUGH THEIR PACES

“The position and handling are superbly balanced and the brakes are powerful and predictable”

FOCUS IZALCO CHRONO MAX 2.0

1 FIRST RIDE

The biggest surprise was how friendly and easy to ride the Focus was. The slammed bar height needs a limber rider and the excellent Fizik saddle needs tipping nose down so not to anaesthetise your nethers. However if your lungs still work with your knees knocking your nipples, the position and handling are superbly balanced and the brakes are powerful and predictable.

2 FAST RIDE

Deep section wheels and the big multi piece stem/prow make the whole bike weighty at just under 9kg. Power delivery is direct from rotor crank to rear wheel and the flawless shifting of the Di2 can be accessed from base bars and aero extensions. It's rapid up to speed and the geometric aerodynamics split the wind with clean efficiency, whether you're spinning a blur or squeezing out a big ratio.

3 HILLY RIDE

The weight negating power delivery and easy multi position shifting works effectively uphill, too. The balanced handling means you can sit down and stand up to spin or surge gears without thinking. A helpful spread of ratios and the chainstay flush V brakes are powerful for confident descending. A lump in the course won't make you curse, which is rare for such an aggressive bike.

4 LONG RIDE

The glove-like fit, stress free handling and easy speed of the frame is enhanced by the smooth supple Schwalbe Ironman tyres. The frame holds rhythm over pock-marked back roads without stuttering or choking. The stable handling makes reaching for fuel, coping with crosswinds or just staying tucked easy too. A comfortable and seriously fast aero superbike at an affordable price.

SPEC SHEET

Price £3,399
Contact focus-bikes.com
Weight 8.93kg
Size tested M
Sizes available S, M, L, XL
Frame Izalco Chrono Max P2T carbon
Fork Chrono Max P2T carbon
Seating Fizik Arione Tri2 saddle on Chrono Max TT carbon
Handlebar/stem Profile T2 Wing and T4 Aerobar, Chrono Max TT carbon stem
Gears Shimano Ultegra TT Di2 52-36T x 11-28T
Brakes Chrono Max TT V brake
Wheels Fulcrum CPX 1700
Tyres Schwalbe Ironman 700x25mm



BEST FOOT FORWARD

The right trainer can set you up for a great race and ensure you stay injury free while training. Our experts lace up a dozen to see which is best for hitting the road

Buying running shoes

WHAT TO
LOOK FOR**Immediate comfort**

New shoes need to feel comfortable from the word go – no-one wants blisters, chafing or pressure spots. Look for inner lining, stitching, fabric and shoe width which will all add to your comfort.

Cushioning

The more cushioning a shoe offers, the softer it will feel to wear. Trainer racer shoes (most of those we tested) generally have a moderate amount of cushioning, not as much as distance shoes but more than racing shoes.

Responsiveness

This refers to the reaction, energy return and motion control of the shoe. With each foot strike and push off, you want to feel as though your shoe is giving you energy, responding and pushing you all the way.

Stack height

This relates to the sole thickness, and can impact the responsiveness of the shoe. Shoes also come with different cushioning systems and a different midsole thickness, which can all change how it feels.

Support and control

Your foot needs to feel snugly held in place and stable when in motion. Most brands offer models with structure and stability, which are ideal if you have pronation issues or specific foot requirements.

Weight

If you're serious about increasing your competing, shoe weight is important. Heavier shoes can feel like you're dragging cannonballs while a lighter shoe can encourage speed and more economical cadence.

**HOW
WE
TEST**

TESTING RUNNING shoes takes objective effort as we all have different foot requirements and preferences when it comes to training and racing. Our testers put the shoes through their paces: testing on road, trail, gravel; in training (drills, speed work, long intervals) and in competition.

We looked for overall comfort and support and transition factors such as ease of slipping shoes on and off, comfort without socks, and heel feel. We tested in all weather conditions including torrential downpour! Our testers are competitive runners and some GB age group triathletes.

Pearl Izumi **EM TRI N2**

£94.99 pearlizumi.co.uk

THIS TRI-FRIENDLY racing shoe has some reliable strong points: wide toe box, elastic laces for a firm fit, overall comfort with/without socks. The lack of cushioning was noticed off-road, where they felt a little flat and unsupportive for some of our testers, but they held their own in terms of grip, and on road they felt firm and responsive which encouraged speed on several six mile runs. Features such as the triathlon loop on the heel and elastic clip on the upper were handy in transition although one of our testers would have preferred a wider opening (he had trouble sliding his foot into the shoe). With only a few tweaks, this shoe would be ideal for sprint and Olympic distance road triathlons.



VERDICT

Comfortable with/without socks; favours natural runners and ideal for road races.

PERFORMANCE
VALUE
OVERALL



On **CLOUDSURFER**

£120 on-running.com

THE CLOUDSURFER, which comes with standard rather than lock laces, offers a nice compromise between out-and-out performance and a trusty training shoe due to the generous amount of cushioning. It feels fast on the road, the fit is comfortable and the ride cushioned. The cushioning means you lose a little road responsiveness with each foot strike but it felt great on 10k threshold runs and encouraged speed. We tested it on forest trails in our regular club session where it felt less nimble: tumbling on loose surfaces felt unsure and the grip wasn't confidence-inspiring. Running without socks was comfortable, highlighting the well-designed upper and inner lining. If you tend to do more road than off-road racing, focusing on 10k to half marathon, this shoe is worth considering.



VERDICT

A great shoe for those who like a little more comfort in their race shoes

PERFORMANCE
VALUE
OVERALL



Skechers **GO MEB** **SPEED 3**

£99 skechers.co.uk

THESE SHOES scream at you to run fast. There's precious little support or cushioning but they are very comfortable on smooth surfaces, including fire trails. If you are a confident and experienced runner or triathlete, specialising in racing 5k to 10k road distances, then the Go Meb Speed 3 is an excellent choice. The feel for the ground is sensitive and accurate, and they really encourage you to increase your cadence and step up onto your forefoot, hence they are running-technique sensitive. We nicknamed the Speed 3 our thoroughbred shoe (fast!) and recommend having them in your arsenal for any fast, short races on smooth tarmac. Excellent value too.



VERDICT

More of a minimal, pure speed shoe to inspire a PB effort.

PERFORMANCE
VALUE
OVERALL



Salomon SENSE PRO

£110 salomon.com

THE SENSE Pro feels like a dream to wear from the moment you slip it on, offering the right amount of comfort and support. It's not the fastest shoe for road running but perfect for any terrain that's loose or giving underfoot. It really comes into its own on trail and off-road. The Sense Pro comes with lock laces, which gives it a secure feel, although the shoe does loosen a little in wet conditions. The firm tread allows for good motion control and responsiveness, with just enough cushioning to soften the ride. The inner sock provides excellent comfort but would definitely be tricky with cold or wet feet as your toes can snag on the inner lining when slipping your feet into them. Once on they are comfortable. However, as they are not a pure speed shoe they may slow you down significantly over a 5k or 10k run leg.



VERDICT

Ideal for off-road/trail races and as a training shoe is the perfect all rounder.

PERFORMANCE
VALUE
OVERALL



Nike AIR ZOOM PEGASUS 32

£90 nike.com

STYLISH AND comfortable the Pegasus 32 is a solid performer. The cushioned foam midsole feels soft yet springy. We were impressed with its responsiveness and support with and without socks up to 5k. However, if wearing sockless, running any distance over 5k caused a little sliding in the heel. It's an ideal shoe for a sprint distance tri if you want to keep your transition times down and work on PBs. It has a roomy feel when running with good breathability and durability. Initially, we had a few hiccups with the laces which took a little sorting. The Pegasus 32 performed well both on road and on a flat gravel trail but definitely inspired more confidence on the road.

VERDICT

A great road racing shoe especially for a sprint triathlete.

PERFORMANCE
VALUE
OVERALL



Asics GEL NOOSA TRI 10

£114 asics.co.uk

THE GEL Noosa 10 feels comfortable straight out of the box. Our testers all reported their feet felt instantly cushioned and supported, and the roomy toe box encouraged a relaxed footstep. They were responsive and felt fast over 10k runs with and without socks. The seamless lining made for a super-comfortable ride, minimising risk of rubbing and chafing along with firm heel support. It handles both road and fine gravel surface with ease. The larger heel drop means you need to focus when slipping into them in transition but once you do, your transition and racing times will improve as the Noosa Tri 10 is nimble and fast, yet supportive and stable. One of our testers felt this was one of the best tri shoes he had used, plus it suits any level of triathlete.



VERDICT

Versatile shoe perfect for both running races and all distance triathlon.

PERFORMANCE
VALUE
OVERALL



Zoot **ULTRA TT 7.0**

£110 zootsports.com

THIS COLOURFUL contender oozes quality and comfort from the outset. The roomy toe box suits wider feet and the elastic laces make fitting the shoe streamlined and snug. The tongue and heel loops are a great idea, although in competition our testers felt it was easier to put the shoes on in the traditional way rather than using the loops – if they were vertical rather than horizontal they would have been more accessible and better to use in transition. A versatile shoe that handles road running well, offering great rebound and responsiveness yet it was off-road where this shoe stood out. It inspired confidence with excellent grip and responsiveness. The snug inner liner worked well when wearing with no socks, however the small opening makes it tricky to insert your foot quickly in transition.



VERDICT

Well-made and comfortable. A few tweaks would make an all-round triathlon racer.

PERFORMANCE
VALUE
OVERALL



Adidas **ADIZERO ADIOS**

£110 adidas.co.uk

LIGHTWEIGHT, SLEEK and comfortable, the Adizero Adios, renowned as an elite marathon shoe, felt like a slipper at first fit! The shoe encourages speed, and felt responsive on road and on the flat. The midsole is made from the brand's trademark Boost foam for durability and responsiveness and our testers loved the 3D moulded heel cradle. In training, it felt quick and responsive particularly when doing drills and speed work. When running uphill, downhill and while cornering, the shoe handled well and felt fast, although anything over 12k and one of our tester's toes started to feel a little pressure and the ride started to feel a little flat. The shoe offers good breathability, and the design and fabric offer the right amount of cupping and support to keep foot supple and relaxed. It will suit experienced triathletes with strong feet.



VERDICT

Light and snug; suitable for natural runners who prefer more ground contact.

PERFORMANCE
VALUE
OVERALL



Saucony **MIRAGE 5**

£105 saucony.com

THIS QUIET achiever stood out in terms of support and overall performance both in training and racing. It felt comfortable and responsive under all kinds of training: when plodding, jogging, running tempo 10ks, in sprints and intervals as well as in wet conditions. On-road it offered a fast, balanced response and good foot protection due to comfortable upper and heel fit. Excellent response and grip both up and downhill and on flat terrain. At first feel, the cushioning seems less soft than some of the other shoes tested, but that soon transferred into guidance, a surprising softer ride, and marked responsiveness when we got going. The 4mm heel drop encourages a quicker cadence and speed. A pro-lock lacing system on the mid foot provides a snug, locked-in feel.



VERDICT

Well-designed and offers good support and protection. Ideal road or trail triathlon.

PERFORMANCE
VALUE
OVERALL



Brooks LAUNCH 2

£85 brooksrunning.com

THE LAUNCH 2 felt immediately soft and cushioned. We tested it over 5k straight from the box without any discomfort, rubbing or blisters. This shoe has improved on its predecessor, the Launch, by adding a new BioMoGo DNA midsole and a segmented crash pad in the heel (mini shock absorbers), both which felt springy and supportive both in training and racing over 5k and 10k on road. Off road we were equally impressed with how the Launch 2 handled uneven ground and multi-terrain. One of our testers has had a few foot niggles in the past and felt reassured after running in the Launch 2 – it inspired confidence, comfort and protection. Makes a versatile training and entry-level racing shoe for sprint to Olympic distance tri and we recommend it for road races and flat trail races.



VERDICT

Excellent comfort, light and active; ideal for sprint triathlons and road running.

PERFORMANCE
VALUE
OVERALL



Mizuno WAVE RIDER 18

£110 wiggles.co.uk

WE COULDN'T help being impressed by the look and feel of the neutral Wave Rider, at first fit. Seamless overlays and redesigned stitching on medial/lateral sides of the shoe provide a cushioned and comfortable fit. We tested the shoe both with and without socks and it actually felt more comfortable and responsive without socks, hence we can vouch for the new premium sockliner. On road, the Wave Rider felt stable and strong while also being responsive and light, which inspired confidence to really up the pace. In transitions it was smooth to get on (another brownie point for the sockliner) and handled the off-road course well. The shoe really hugs your foot so we recommend keeping laces firm but not too tight to allow your foot room to move.



VERDICT

A solid performer all round. Excellent training shoe and entry level tri racing.

PERFORMANCE
VALUE
OVERALL



New Balance FRESH FOAM ZANTE

£95 newbalance.co.uk

THE FRESH Foam Zante fits like a glove, with a soft and flexible upper, and sturdy and supportive sole. It comes with a new moulded sockliner which didn't disappoint when wearing sockless. The 6mm drop encourages a quicker cadence and we tended to run more upright and on our toes, particularly on the road. The shoe has an aggressive toe spring, so as you land and roll forward to spring off your forefoot, you feel significant energy and responsiveness. On trail, the shoe seemed to lose some of its support and energy, yet the grip is still impressive. If you have wide feet, the Zante will feel snug as the upper really moulds and cups your foot and the sole is a little on the narrow side. We recommend going one or two sizes larger than your normal size.



VERDICT

Super light and responsive. An ideal road training shoe and sprint tri racer.

PERFORMANCE
VALUE
OVERALL





Overall verdict

WINNER VALUE

SALOMON SENSE PRO

WINNER PERFORMANCE

SAUCONY MIRAGE 5

OVERALL WINNER

ASICS NOOSA TRI 10

WINNER
UP
VALUE

WINNER
PEAK
PERFORMANCE

WINNER
GOLD
AWARD

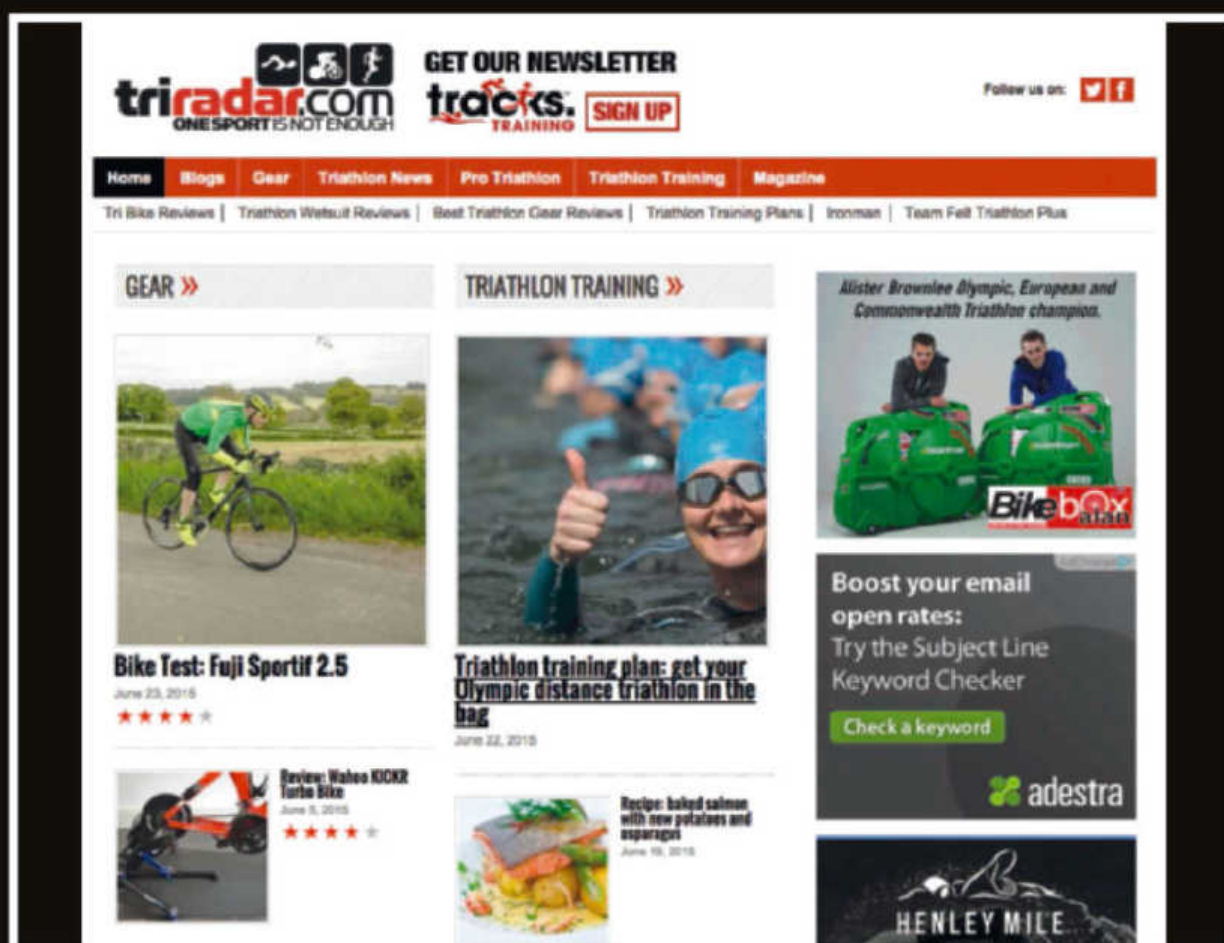
WHETHER YOU are looking for speed or cushioning, a training or racing shoe, there are plenty of options here. When it came to overall value we couldn't get past the Salomon Sense Pro. It's not the cheapest shoe tested, but it offered the best level of comfort and performance for price. Our peak performer is the Saucony Mirage 5, which inspired confidence in both training and racing over multi-terrain. It provides a

smooth, responsive ride. Close seconds were Skechers Go Meb Speed 3 and the Nike Air Zoom Pegasus 32. However the Asics Noosa Tri 10 had the edge in terms of comfort, responsiveness, cushioning and performance both in training and racing. In terms of versatility, performance and speed it delivered overall value for money making it ideal for a beginner or experienced triathlete.

Next month Turbo trainers

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THE BIKE TEST

Bikes on test

LAPIERRE CX ALU

£1,250

SPECIALIZED CRUX E5 SPORT

£1,350

FORME CALVER CXS

£1,100

NORCO THRESHOLD A1

£950

Tech talk

Frame material

Cyclocross bikes get crashed, so aluminium is popular. It's repairable, more durable than carbon fibre and allows manufacturers to keep prices down.

Tapered headtube

A headtube that is wider at its bottom than at its top is designed to add stiffness when cornering and to keep the overall weight of the frame down.

Chainset

Cyclocross chainsets tend to be in the region of 46/36, for the best combination of speed and climbing ability off-road.

Disc brakes

Claimed to offer better, more consistent all-weather performance than traditional cantilever brakes.

Clearance

Frame clearances on cross bikes are much wider than road bikes to allow wide-diameter tyres and for mud clinging to the seatstays.

Tyres

Unlike a road bike, cyclocross tyres are knobbly to provide grip in muddy conditions. Some are better suited to quagmire conditions than others and the bikes in this test run in diameters up to 33mm.

Cables

Usually routed along the top of the toptube, so they're out of the way when you need to put the bike on your shoulder to run up steep hills or through deep sand or mud.



CROSS TO THE DARK SIDE

Don't let shorter days and damp weather put a stop to your year of competition. Stay sharp off-road this winter with a cyclocross bike

Words Marc Abbott Photos Adam Atkins

WITH THE COLDER months approaching, you have two choices on your hands if you want to stay race fit through the autumn and winter. You could decamp to the Canaries until springtime for an extended training camp, or you could commit yourself to the muddier side of competition by entering some off road duathlons or even full-on cyclocross races.

On the face of it they might look like road bikes, but cyclocross racers are a curious combination of road geometry and dirt-ready wheels, tyres and brakes, designed to offer maximum speed when the going gets muddy. Plus there's a packed UK race schedule that will give you every opportunity to put your new bike to good use from big duathlon events in country parks to regional cyclocross leagues that cost little to enter and provide the whole family with a perfect excuse to come along and get behind your racing.

We tested four bikes that won't cause an argument with the bank manager – in conditions ranging from dry summer evenings to post-thunderstorm slop-fests – to nail down which is the best introduction to a whole new world of competition this winter.

Lapierre CX ALU

£1,250

hotlines-uk.com

Can an old-fashioned braking system buck the trend and take you across the finish line?

THE FRENCH company's entry-level cyclocross offering is inspired in part by the success of their eight times national champion, Francis Mourey, who has won all of his tricolour coloured jerseys on a Lapierre. It's the odd one out among our test bikes for one obvious reason, Lapierre have decided to stick with the tried and tested method of braking, a traditional cantilever arrangement favoured by the cyclocross purist. Sitting near the top of the price range of the four bikes on test, will the CX Alu provide the right package at the right price, or is it living in the dark ages by eschewing the movement towards disc brakes?

FRAME AND FORKS

A number of things hit us straight away when we unboxed the CX Alu, not least the quirky-looking front end of the frame. A fat, ovalised downtube curves at its uppermost to join the headtube, but on the small frame we tested

(a size 50), the short 100mm headtube length means the chunky downtube and horizontal toptube have no choice but to join in a rock solid expanse of welded aluminium, offering a super-stiff front end allied to an already short headtube and 71-degree head angle. Carbon forks go some way toward isolating vibrations from the front end, and are assisted in wetter conditions by the need to relieve the tyres of some air for better grip in the mud. Widely splayed seatstays also help to give clearance for wide tyres and clods of dirt, not to mention keeping the rear end as compliant as can be. It all adds up to give the impression of a taut, responsive race bike with aggressive geometry.

THE KIT

Let's deal with the elephant in the room first. Cantilever brakes are lighter than a disc brake set up, easier and quicker when it comes to changing wheels in a pit stop, and in a racing discipline where out and out stopping power isn't the most important thing, a quick



Lapierre still favour the cantilever approach to braking.



Shimano 105 shifters perform at close to the highest level.



Additional brake levers are positioned on the tops of the bars.

pull on them can scrub off just enough speed. But the times, they are a changing. However, Lapierre's willingness to stick with cantilevers is in many ways refreshingly stubborn.

By mixing mid-level Shimano 105 gear shifters and derailleurs with a lower spec Tiagra cassette and an FC-CX50, cross-specific 46/36 chainset, the CX Alu has done just enough to present a united front and everything ties together nicely. With brakes from component rival SRAM,





“Cantilever brakes mean you need to exercise extra caution in appalling weather”

in the form of those Avid cantilevers and Tektro bar top mounted additional brake levers. However, there’s a range of kit running across the Lapierre’s spec sheet.

One thing that’s undoubtedly high end is the rubber on those Shimano wheels. Schwalbe’s Racing Ralph tyres are capable in all weathers, especially in muddy conditions.

THE RIDE

As long as you’re braking in a straight line, and not

attempting to drag the brakes into a corner (or, woe betide, use them when you’re already leant over), the cantilevers are top-notch in the dry. Once conditions get wet, however, their performance becomes less predictable, often resulting in little stopping power when coated in mud, followed by an abrupt squeal and locking up of the rear wheel. This doesn’t make them bad; it just means you need to exercise extra caution in appalling weather.

Beyond this, the stiff and

responsive frame behaves just as its geometry suggests, and a meaty bottom bracket junction creates a solid platform for pedal power transfer, too. The 46/36 chainrings swap easily, and there’s just enough spread of gear from the 12-30 cassette to mean you can stay mounted on all but the grimmest of grass bank inclines. As expected, the tyres perform excellently in the wet, and their low-profile tread pattern gives them perfect high-speed stability to match the bike’s taut set-up.

| VERDICT | PROS |
|--|---|
| | <ul style="list-style-type: none"> + Razor sharp handling + Two brake lever options |
| VERDICT | CONS |
| | <ul style="list-style-type: none"> - Shimano 105 throughout would be nice - Braking in deep mud and rain could be much better |
| PERFORMANCE VALUE OVERALL | |
| Sharp, responsive, race-ready geometry married to a very decent set of tyres. Let down only by its non future-proof brakes in the wet. | |

Specialized CRUX E5 SPORT

£1,350

specializedconceptstore.co.uk

Comfortable, light and trustworthy. This could be the machine to take you off-road this winter.

SPECIALIZED WAS one of the first manufacturers to introduce disc brakes across their entire range of cyclocross bikes back in 2014, and the E5 Sport goes one step further with a hydraulic set up that should prove even more effective than other common mechanical systems at this budget. With frame geometry in the same ballpark as the Lapierre, it should offer the same kind of nimble, responsive ride, perhaps even more so considering it's also half a kilo lighter. The Crux is actually very nearly 2kg less bulky than the heaviest bike in this test.

FRAME AND FORKS

In the precision world of the road bike, a wheelbase of 1009mm wouldn't be considered particularly short, but for cyclocross it's a narrow enough space between the wheels and a decent compromise between stability at speed and ease of turning.

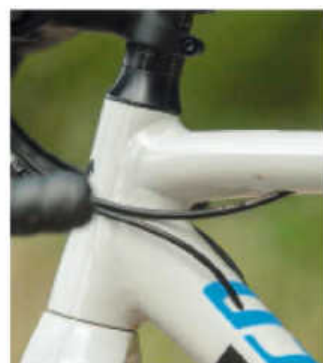
Matched to a head angle of 71.5 degrees (just a shade shallower than the Lapierre's), direction changes are pretty brisk, although a 25mm longer headtube adds an element of comfort to proceedings. This tapered headtube has the advantage of offering good stiffness while keeping the overall weight of the frame at a minimum. Carbon forks, as with all of these bikes, add much-needed compliance at the front end and there's just enough frame clearance for the Crux's 33mm tyres at the front and rear. Like the Norco Threshold, the Crux's cables are routed through the frame, well out of harm's way.

THE KIT

Hydraulic disc brakes, such as the TRP HY/RD set-up found on the Crux E5 Sport, offer substantial advantages over the more usual cabled, mechanical units on other cross bikes. They're generally easier to modulate than mechanical discs, don't suffer frictional losses as there are no cables involved and are



Crux E5 Sport's hydraulic disc brakes are easily the best on test.



Cables are routed through the bike's top tube and down tube for ease of carrying.



Body Geometry Phenom saddle is the comfiest seat here.

maintenance-free once set up. Additionally, less input is required at the brake lever for the equivalent force at the pads when compared to a cabled system. Hydraulic brakes are a welcome addition on a bike that's already so well equipped at this price.

The mainly Shimano 105 groupset (from the shifters right down to the cassette and chain) is matched to an FSA Gossamer chainset running a standard cyclocross 46/36 set up. The finishing kit is almost





“The Crux picks up speed easily and feels stable when you’re pelting along the straights”

entirely from Specialized’s own range of bars, stems and seating set-ups, with the exception of Axis 2.0 wheels front and rear. Specialized’s Tracer tyres, which are very similar in tread pattern and depth to the Schwalbe rubber on the Lapierre, are also a sound choice.

THE RIDE

The fact that this is the lightest bike on test is instantly telling once you’re into your first lap (in our case

a bridleway-lined field with steep banks and rapid downhill single track). The Crux picks up speed easily and feels particularly stable when you’re pelting along the straights. The slightest dab of front brake is all that’s needed to meter this speed when approaching a 90 degree left hander, while the Tracer tyres promote exceptional confidence once the bike’s leaning into it, even in the wet.

Special mention goes to the Specialized Body Geometry

seat, which although not the most deeply padded, is certainly the most comfortable perch of all the bikes here. And the bike’s 11 speed gear set up means you can hang on to the gears in the big chainring for that little bit longer to maintain momentum when you might otherwise have to change rings for an easier ratio. During a number of practise race dismounts, this was the most comfortable and lightest-feeling bike to have on our shoulder.

PROS

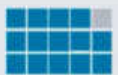
- + Exceptional braking performance
- + Lightest bike on test

CONS

- Hydraulic brake maintenance is a job for a mechanic
- Sometimes a 28-tooth smallest gear isn’t easy enough

VERDICT

**PERFORMANCE
VALUE
OVERALL**



With the exception of a few minor niggles, this bike represents the best value for money and top-braking performance.

Forme CALVER CXS

£1,100

todayscyclist.co.uk

Can this best of British bike meet the tough demands of off-roading when it's carrying a lot of extra weight compared to others?

PROUDLY DESIGNED and developed in Derbyshire, Forme is a brand that's renowned for producing bikes that are very much suited to the demands of the British rider, using the Peak District as the testing ground for their range. However, weighing in at almost 2kg more than the Specialized Crux, the Calver CXS is very much at the heavier end of the race market. Can it cut it against the more competition ready offerings?

FRAME AND FORKS

In terms of its geometry, the Calver looks similar on paper to the Specialized Crux. Its headtube is 5mm taller, but its wheelbase is only 2mm shorter and the steering angle is still a purposeful 71 degrees. Unlike any of the other bikes in this test, the Forme includes eyelets for mudguards and a pannier rack, so even if you weren't

racing every weekend you could still get your money's worth out of it by putting it to use as a commuter or even an all-road touring bike. In common with the other three bikes, this one also has carbon forks in an effort to keep weight down as much as possible while providing built-in protection from vibrations. The use of lower pressures in cross bike tyres does make the isolation of vibes slightly less important than on a road bike though. Flared seatstays at the rear have ample clearance for the CXS's 32mm treaded tyres.

THE KIT

The 10-speed Shimano Tiagra arrangement of the gear shifters and derailleurs is a rung lower down the range than the 105 equipment found on some of the other bikes here. In reality, our experience tells us the quality of shifting will be equivalently less slick and the overall weight of its components slightly heavier. The FSA chainset bucks the trend for 46/36, instead using

a 48/34 set-up that works with a 12-28 cassette. This gives the Calver a biggest gear of 48-12, which will stand it in good stead for flat-out downhill pedalling. Braking is achieved by way of Avid's BB5 mechanical set-up. The bars, seatpost, stem, saddle and wheels are all from One23, a brand also exclusive to Forme's UK distributor. Tyres are 32mm Kenda Kwickr rubber, which we know to offer adequate grip on hard-packed



Forme bikes are designed in the UK and developed in the Peak District.



Cables are neatly routed along the toptube for ease of shouldering the bike.



Avid BB5 mechanical disc brakes are solid performers.





"The modulated action brakes beg you to leave it until the last minute and trail brake into corners"

surfaces, but improve in muddy conditions.

THE RIDE

The Calver's brakes work exactly how you'd expect a mechanical disc set-up to, with an accurately modulated action that begs you to leave it until the last minute and trail-brake into corners, at least in dry conditions. But the bike's all-up weight makes it far less willing to change direction regardless of its race geometry. The 48-tooth

chainring, as expected, also allowed us to motor along at some pace on level ground, especially when rattling along a dusty single track. Sadly, however, the jump between the little and big rings (two teeth smaller and two teeth bigger, respectively, than every other chainset in this test) was slightly too much to maintain what we'd call "seamless race pace", with fingers becoming a flurry of gearshifts when dropping down a ring, or feet grinding

on the pedals when changing up a ring. The Tiagra shifters also lack the slickness we experienced with Shimano 105 elsewhere.

The Kenda tyres were OK in the dry, and while not such a good all-rounder as others here, gave pretty good muddy control, thanks to widely-spaced, deep tread. Externally routed cables run above the toptube to facilitate shouldering of the bike, but again, its bulk is noticeable when trying to run with it.

PROS

+ Racy frame geometry

+ Confidence inspiring brakes

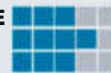
CONS

- Overall weight hinders performance

- Tyres not the best all-rounders

VERDICT

**PERFORMANCE
VALUE
OVERALL**



The least suited to racing of all the bikes here, but arguably the most versatile when it comes to everyday use as well.

Norco

THRESHOLD A1

£950

evanscycles.com

Even for a budget option, this machine could just be the smartest of the bunch

NORCO IS one of the in-house brands of high street and internet giant Evans Cycles. Its frame geometry reeks of racing, and despite being the only bike here that comes in at the sub-£1,000 price mark, it packs quite a punch for the monetary outlay. It is the heaviest bike on test, being 1.9kg heavier than the comparatively svelte Specialized. Despite this, however, the Threshold A1 might also be the most future-proof of the bunch.

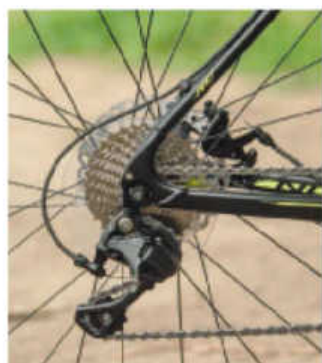
FRAME AND FORKS

In common with every other bike here, the Threshold has an aluminium frame and carbon forks. Unlike any other bike here, it uses a thru-axle to secure its front wheel to the forks. Claimed to eliminate losses through flex and therefore be far less likely to produce "disc drag" (where the disc comes into contact with the pads under heavy loads), thru-axles are filtering down to

cross bikes from the mountain bike world, where they're pretty much the industry standard. This method of securing the wheel does mean the whole spindle needs to be extracted from the forks before the wheel can be removed, so it does have its disadvantages. Also the rear, where arguably a thru-axle would be of more use due to pedalling forces, is fixed with a traditional quick-release skewer. The Threshold's headtube is a pretty short 115mm, while its head angle is the steepest on test, at 70.5 degrees. Its overall bulk might cause it to fall foul of the same relative sluggishness that afflicts the Forme Calver CXS, but it is also more than 10 per cent cheaper.

THE KIT

A unified approach to the Norco's groupset gives it almost entirely Shimano 105 specified components, which is quite some achievement for a budget of less than £1,000. You find yourself instantly looking to the rest of the bike to see where the money's been



11-speed, 11-32 Shimano 105 cassette offers a decent spread of ratios



Chainset is only part of the drivetrain that's not 105-equipped



Hayes mechanical discs aren't perfect, but they're still good for a sub-£1,000 bike

saved, but considering even the 11-32 cassette is 105 kit, the only part of the groupset to stray is the bog-stock 46/36 Shimano FC-RS500 two-piece chainset. While the durable, if heavy, WTB wheelset might not be the quickest for sprinting up a dirt lane, the Vittoria Cross XM Pro tyres that it wears are welcome. Using the firm's experience in cyclocross racing with their tubular tyres, these clinchers are known to be solid performers on loose terrain





“A satisfyingly stiff front end is manoeuvrable at speed”


and muddy corners. Hayes CX Comp mechanical disc brakes might not be able to rival the giants of the braking world, like Avid's SRAM-owned BB5 elsewhere in this test, but they don't present much of a weight disadvantage and offer very good braking in the dry.

THE RIDE

A satisfyingly stiff front end is made as manoeuvrable as possible at speed by the frame's short, 1005mm wheelbase and fairly aggressive head angle.

It's undeniable that the extra bulk of this bike, over the likes of the Crux and CX Alu, is noticeable, but only intrusively on longer uphill drags. However, the overall riding experience is livened by the slickest, most positively engaging gear shifters on test, the 105 equipment gelling beautifully, allowing seamless swapping of cogs that really does make a difference to holding on to your momentum. Like the Specialized Crux, the Norco's cables are internally

routed through the frame, so all you need to be concerned about is how heavy the bike is to sling over your shoulder. Thankfully the 11-speed, 11-32 cassette and standard 46/36 cyclocross-specific chainrings give you every chance of keeping your momentum on the course and a smallest gear of 36-32 is usually enough to propel you up most slippery slopes, however slowly. Vittoria's tyres excel in the wet and are more than good enough in the dry.

| | | |
|--|---|---|
| PROS | + | Gearshifts are a joy |
| | + | Very well appointed overall for the price |
| CONS | - | Braking performance deteriorates quickly in the wet |
| | - | The heaviest bike on test |
| VERDICT | PERFORMANCE | |
| | VALUE | |
| VERDICT | OVERALL | |
| |  | |
| <p>It's the heaviest bike here, but provided one of the most fun and engaging riding experiences. You can always upgrade components.</p> | | |

Winner

SPECIALIZED CRUX E5 SPORT

Hathlon
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AWARD

THE VERDICT

WHEN LOOKING for a race bike, responsiveness and light weight as well as quality components are key. Perhaps unsurprisingly, the Specialized Crux E5 Sport comes out on top, offering the best combination of kit and the all-round package. Despite being the most expensive bike of the four we tested it still represents excellent value for money.

Maybe more surprising is the Norco's second place. It's the weightiest bike on test, yet benefits from a very well thought out selection of components which allows an almost full compliment of Shimano 105 kit to be used for the drivetrain, where it really matters.

The Lapierre does excel as a dry weather-only race bike, but we had to mark it down for its braking performance once our test route turned to mush. If you won't race when conditions are atrocious, the CX Alu's combination of relatively light weight, very good handling and keen enough price make it worth a look.

While the Forme Calver CXS brings up the rear, it's by no means a bad bike. Perhaps not the best to start a racing career on, due to its odd chainset layout and bulk, it does have versatility on its side.



THE BIKE TEST SPEC SHEET



Lapierre CX ALU

£1,250 hotlines-uk.com

FRAME AND FORK

Size tested 50cm
Sizes available 50, 54, 57, 60
Weight as tested 9.06kg
Frame CX Alloy Supreme 6
Fork Lapierre carbon, alloy steerer

TRANSMISSION

Chainset Shimano FC-CX50, 46/36
Bottom bracket Shimano pressfit
Cassette Shimano Tiagra, 10-speed, 12-30T
Derailleurs Shimano 105
Shifters Shimano 105

WHEELS

Front Shimano WHR501
Rear Shimano WHR501
Tyres Schwalbe Racing Ralph, 700x33c

OTHER COMPONENTS

Stem Ritchey 4 Axis
Bars Ritchey Comp Curve
Headset FSA ZS 4D
Saddle Selle Italia SL
Seatpost Ritchey WTD
Brakes Avid cantilever



Specialized CRUX E5 SPORT

£1,350
specializedconceptstore.co.uk

FRAME AND FORK

Size tested 52cm
Sizes available 46, 49, 52, 54, 56, 58, 61
Weight as tested 8.43kg
Frame Specialized E5 Premium aluminium
Fork Specialized FACT carbon

TRANSMISSION

Chainset FSA Gossamer Pro, 46/36
Bottom bracket BB30
Cassette Shimano 105, 11-speed, 11-28T
Derailleurs Shimano 105
Shifters Shimano 105

WHEELS

Front Axis 2.0 Disc SCS
Rear Axis 2.0 Disc SCS
Tyres Specialized Tracer Sport, 700x33c

OTHER COMPONENTS

Stem Specialized Comp Multi
Bars Specialized Comp
Headset Tapered steerer
Saddle Body Geometry Phenom Comp
Seatpost Specialized Sport
Brakes TRP HY/RD hydraulic disc



Forme CALVER CXS

£1,100 todayscyclist.co.uk

FRAME AND FORK

Size tested 52cm
Sizes available 50, 52, 54, 56
Weight as tested 10.33kg
Frame Forme 7005 aluminium
Fork T700 3K carbon blade

TRANSMISSION

Chainset FSA Omega, 48/34
Bottom bracket FSA Mega EXO
Cassette Shimano, 10-speed, 12-28T
Derailleurs Shimano Tiagra
Shifters Shimano Tiagra

WHEELS

Front One23 SF1.0
Rear One23 SF1.0
Tyres Kenda Kwickor, 700x32c

OTHER COMPONENTS

Stem One23 alloy
Bars One23 SL alloy
Headset FSA internal bearing
Saddle One23
Seatpost One23
Brakes Avid BB5 Road Platinum mechanical disc



Norco THRESHOLD A1

£950 evanscycles.com

FRAME AND FORK

Size tested 51cm
Sizes available 51, 53, 56, 58, 61
Weight as tested 10.24kg
Frame Threshold double-butted aluminium
Fork Threshold mid-mod carbon

TRANSMISSION

Chainset Shimano FC-RS500, 46/36
Bottom bracket Shimano Hollowtech II
Cassette Shimano 105, 11-speed, 11-32T
Derailleurs Shimano 105
Shifters Shimano 105

WHEELS

Front WTB SX17 thru-axle
Rear WTB SX17 quick-release
Tyres Vittoria Cross XM Pro, 700x31c

OTHER COMPONENTS

Stem Norco
Bars Norco compact
Headset Cane Creek 10-series
Saddle Norco Cross Race
Seatpost Norco
Brakes Hayes CX Comp mechanical disc



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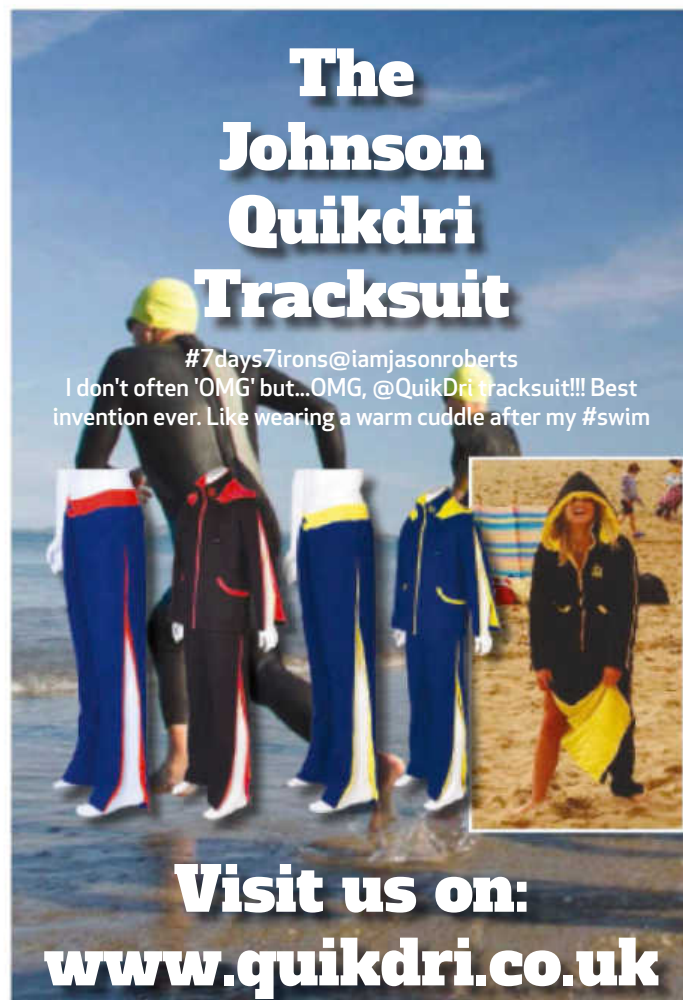
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CAFFEINE GELS

There's nothing like an energy gel to fire those empty legs, but which of these six energising pick-me-ups is most palatable and will give the biggest boost in your hour of need?



1 SECRET TRAINING STEALTH

£1.75 (only available individually)

secret-training.cc

Caffeine per 60g gel: 75mg

This offers a whopping 36g of carbohydrates as well as a substantial 75mg hit of caffeine. The thinness of the gel made it easy to swallow but the overpowering cherry bomb taste meant we couldn't face more than one. Energy levels were boosted noticeably 15 minutes after consuming the whole 60g gel. It's pricey and a shame the flavour isn't much better.

OVERALL ■ ■ ■ ■ ■



2 TORQ GUARANA

£37 for 20 zyro.co.uk

Caffeine per 45g gel: 89mg

Torq's gel packs 28g of carbohydrates, plus a very high 89mg of caffeine (from guarana), put it firmly in the occasional use camp. It's also the most expensive on test. That said, it gives a noticeable boost of energy around 20 minutes after use, which thankfully isn't followed by the crushing low a caffeine hit can often lead to. The flavour is realistic but there is a slightly bitter aftertaste that won't be to everyone's liking.

OVERALL ■ ■ ■ ■ ■



3 CNP HYDRO GEL MAX

£52.80 for 24 paligap.cc

Caffeine per 60g gel: 50mg

Another gel that contains guarana, CNP's offering also provides 22g of carbs per sachet. It's wonderfully watery (it's made with coconut water) and the blackcurrant flavour we tested was fresh if a little cloying. The caffeine content is not as high as others on test and we took two or three over a two hour ride without getting the shakes. It's a big sachet so secreting lots in an aero top-tube bag will be tricky.

OVERALL ■ ■ ■ ■ ■



4 WIGGLE CAFFEINE GEL

£10.99 for 20 wiggle.co.uk

Caffeine per 38g gel: 30mg

There's no doubt Wiggle's own brand caffeine gels provide the best value for money. A serving of 22.6g of carbohydrates is roughly enough to last half an hour of riding, plus the caffeine content is respectable so you can consume more of them without fear of overdosing on caffeine. Its consistency is watery and the taste of our citrus flavour was refreshing. Energy levels were kept high over a two hour ride.

OVERALL ■ ■ ■ ■ ■



5 CLIF SHOT ENERGY GEL

£38.16 for 24 extrauk.co.uk

Caffeine per 34g gel: 73.5mg

Clif's offering has what it calls a 'litter leash' built into the sachet which means the tab stays attached to the sachet after opening. Taste wise, the citrus flavoured gel we tested was refreshing. It's a very thick consistency, and the instructions state it should be taken with water, but it's not grainy or hard to consume. Despite the small serving, it packs a sizeable hit of caffeine plus 24g of carbs and we felt the effect within 15 minutes.

OVERALL ■ ■ ■ ■ ■



6 SCIENCE IN SPORT GO ENERGY + CAFFEINE

£47.99 for 30 scienceinsport.com

Caffeine per 60g gel: 150mg

The flavour we tested wasn't called 'double espresso' for nothing as it has a massive 150mg of caffeine, almost a third of the safe daily adult intake of 400mg. It kicks like a mule about 20 minutes after we swallowed it, but there's a real tang that stays on the tongue. A serving also provides 22g of carbs, so it's useful for endurance as well as giving a quick boost.

OVERALL ■ ■ ■ ■ ■

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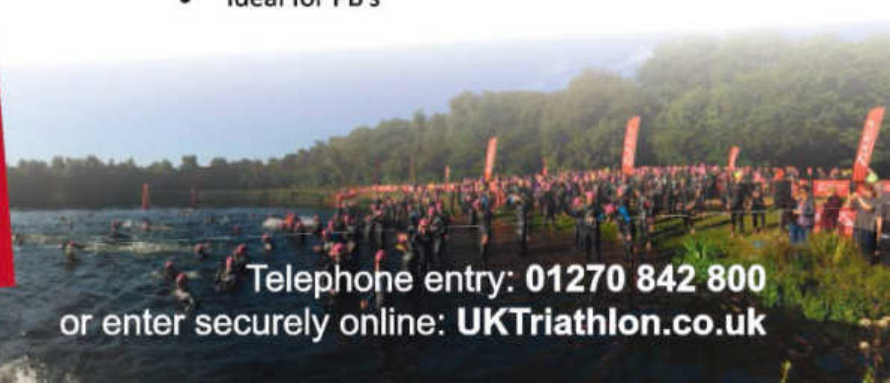
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TrainingZone



NOVEMBER 2015 > ISSUE 29

TRAIN SMART • RACE FAST

MEET THIS
ISSUE'S
CLUB

BRIGHTON TRI CLUB



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ABOUT THE CLUB

BRIGHTON TRI CLUB



MEET THE COACH



Name Mike Porteous
Specialism Head Coach

Mike Porteous heads the team of 20 qualified coaches. He started triathlons 20 years ago and has competed in sprints up to Ironman and represented GB in his age group. He is starting level 3 England Triathlon and has attended the prestigious Swim Smooth Coaches' Education course. He set up and runs ZigZag Alive, a private triathlon coaching business. Visit brightontri.org or zigzagalive.com for more information.

TRAINING AREA

Swim training takes place at Brighton college, with coached open water sessions at Brighton beach. Bike sessions happen from Brighton seafront (time trials and brick sessions) and at Brighton velodrome as well as Withdean sports centre (turbos). Long rides go through the Sussex countryside. Run training starts at Brighton seafront and Hove Park for hill sprints.

ABOUT THE CLUB

We have more than 200 adult members who cover a spectrum from novices to seasoned ironmen and GB age-groupers. Over half the members are new to triathlon at the point of joining. We also have a junior section, called Sussex TriStars, for eight to 13-year-olds.

The club runs a championship series, including a Novices' Cup, Off-Road and Long Distance championships, while we also run a GoTri series of aquathlons once a month through the summer at



The club runs on Brighton seafront

Pells pool in Lewes. We're very proud of the fact that for the past two years we've also competed as a team in the prestigious South Downs Way relay.

The club is open to all, regardless of experience, background and ability. We emphasise volunteering, for example none of the committee positions or coaches are paid and we encourage members to help marshal events. There is a wonderful spirit of supporting each other and celebrating everyone's achievements. We are a Star Mark accredited Club and winner of the SE England Best Tri Club 2014.

TOP TALENT

We have some awesome performers at the higher levels in GB age groups such as Marianne Clark and Simon Taylor. Winner of our most inspirational member last year was Katharine Ganly for her Centurion's Grand Slam, as the first woman who has run four 100 mile ultra runs in the same year.

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PEP TALK

Want to double your distance?

If you dream of going longer, Brighton head coach and ZigZag Alive founder **Mike Porteous** is here to pass on his expert advice

Many of our members who did their first ever triathlon last year moved up a distance this year, so it has been a big topic of conversation at Brighton. Many of my clients also come looking to reach new distances, including Ironman. Using my guiding principles of rhythm, regularity and recovery, here are my tips to help you step up.

1 ENSURE IT EXCITES YOU

Stepping up certainly involves special challenges, but so

does getting faster at your current distance, working on improving your weaker discipline or trying new variants such as off road triathlons or adventure races. Firstly, it's worth asking yourself if these other challenges would excite and motivate you more than going longer.

2 CHECK WITH YOUR SUPPORT TEAM

An obvious but easily neglected step is to talk through your plans to go longer with those closest to you. Even a step up from sprint to Olympic distance will involve an increase in time out training. For



GUIDING PRINCIPLES

RHYTHM

Aim for the new level of training to become part of the natural rhythm of each day and week, in tune with your other commitments. Be realistic about a level of training you can sustain.

REGULARITY

It's the cumulative effect of consistent, regular training that gets you to the start line in the best condition of your life.

RECOVERY

Lots of athletes get injured or demotivated either in the build up or, even more common, after their big challenge. Planning your rests is vital to reduce the chance of injury or getting demotivated.

example, you may be going from two swims, bikes and runs a week up to three, leaving you more tired and more absorbed, so it's common sense to check with those likely to be affected.

3

SINGLE OUT YOUR MOUNTAIN TOPS

Taking on longer distances than you've done before requires a more focused, prioritised approach. If you did several sprint distances in your first year, for this coming year select just one or two Olympic distance events and plan out your training to peak for them. I like to have an early summer peak around June or July, come down off the mountain top (your peak) and then build up for another peak toward the end of the season in September.

4

REGULARITY RULES

Many people stepping up to Ironman mistakenly think they must replicate that distance somewhere in their training schedule. For example, running a marathon race to prove to themselves that they can go that far. This risks taking a lot out of your body at a time when all the focus needs to be on gradually building up for the big event. At the high point of a phased iron distance training programme, I recommend making your longest bikes or runs no more than 80 per cent of the time you are likely to be doing that discipline on race day.

5

COMING BACK DOWN

Once the event is behind you, I recommend continuing a few weeks of very light training, keeping things mobile and enjoying the post-race glow. It's after this that you should take several weeks complete break. Before long you'll be getting hungry for your next challenge.

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Using a tempo trainer **p7**

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QUICK GUIDE

How to optimise your race pace

Swim coaches **Rachel Perry** and **Graeme Cox** reveal how to get the best from tempo trainers

One of the directions we are taking in our pool sessions is using tempo trainers. At first many of our swimmers were sceptical and as coaches we were unsure how best to use them, so here are some tips to help, whether you're swimming in group sessions or doing your own training.

1 DON'T BE PUT OFF BEFORE YOU START

At first it will look a bit daunting, as it's a complicated world of abbreviations and formulas. To some, the idea of having a device tucked under your swim cap randomly beeping at you will be uncomfortable. For

others the idea of a test is off putting. Stick with it though, as we've found with a little jargon translation and planned sessions you'll quickly see results.

2 TAKE THE TEST

It all starts with getting a measure of your swim fitness, which is your ability to sustain a steady pace over the sort of distances you'll be racing at. We base our approach on the world leading Swim Smooth coaching system. Around once every two months we organise timed tests over 400yds and 200yds (our pool is a bit Victorian), then plug the numbers into the Swim Smooth calculator to get each swimmer's Critical Swim Speed (CSS).



DON'T FORGET YOUR TECHNIQUE

Slow things down and focus on one element of the stroke.

Try drills such as kicking on the side or sculling, to isolate one position or movement.

Focus on one element at a time, such as a relaxed, controlled and constant breathing out underwater or imagine you're breathing from the hips to help ingrain a streamlined body roll.

3

STRUCTURE

We base at least one of our weekly swim sessions around the CSS threshold pace, progressively bringing down the time. One week we might set the tempo trainers at each swimmer's CSS, plus five seconds. If they get to the end of the length before the beeper they'll instantly know they've set off too fast. Then, week by week we gradually reduce the times, with great results in terms of fitness as well as pace judgement!

4

EXPERIMENT WITH YOUR STROKE RATE

Another way to use the tempo trainer is around your stroke rate. Getting through the water faster is not always about how quickly you can turn your arms over. By using the tempo trainer's strokes per minute mode you can experiment with setting the beeper slower or faster than you're used to and see what effect it has on how comfortable you feel and how fast you actually are. You'll be surprised by the results!



HOW TO

Get your stretch on...

Core and flexibility coach **Leanne Garner** reveals her top dynamic stretches to warm you up for each training session

PRE-RIDE

These five lunges activate the glutes and core as well as stretch the hip flexors. Perform five each side.

Forward Lunge

Start with feet shoulder width apart. Step into a lunge with one leg, then move the body downwards until the knee nearly touches the ground. Ensure the front knee does not move forward past the point of the toes. Step back. Alternate legs.



Forward Lunge with Twist

As before, but as you step forward extend both arms in front of you, then twist them together to side of leading leg. Alternate sides.



Side Lunge

Step into lunge position to the side of your body. Rotate the leading foot outwards to stretch the inner thigh. Step back to start position. Alternate sides.



Back and Side

As with the side lunge, but step back and to the side in a diagonal plane. Your back leg should remain almost straight, and the leading foot should rotate outwards. Alternate sides.



Reverse Lunge

Step backwards into lunge position, then sink body downwards until knee nearly touches the ground. Step back to start position. Alternate legs.

PRE-RUN



High knees

These activate the gluteal muscles, engage the core as well as stretch the hip flexors and hamstrings.

- Bring your knees high as you run, driving with your arms and engage your core. Ensure you keep an upright posture with a slight lean forward. Perform 10 steps normal run, 10 step high knees. Repeat three to five times.

Butt kicks

These work on the quad muscles at the front of the thigh and the hip flexors.

- Run at a slow to medium pace, flex your knees and flick your heels towards the buttock area. Place your hands on your bottom, palms out, to form a 'target' for your heels. Run on the balls of your feet and alternate with running. For example: 20 secs run, 20 secs butt kicks. Repeat five times.

Leg swings

These stretch the hip flexors, hip extensors and adductors.

- Hold onto a wall or railing. Swing your straight outside leg backwards and forwards in a controlled manner, keeping your standing foot firmly fixed on the ground. Make small movements first, then slowly progress to bigger swings. Perform 20 times each side.

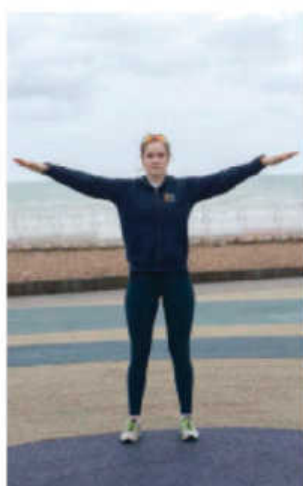
PRE-SWIM

Upper body mobilisations

These mobilise the shoulder joints as well as gently stretching the major muscle groups in the upper body. Perform with your feet shoulder width apart and keep your core engaged.

- With your forearms parallel to the floor and your elbows bent at 90 degrees squeeze your shoulder blades slowly together, then return to start position. Repeat 10 times twice over.

- With your arms straight and out to the side, draw small circles with your fingertips, gradually progressing to large circles over 10 repetitions. Then repeat in the other direction for 10.



Alphabet stretch

This Swim Smooth stretch helps you to focus on your swimming posture.

- With your arms make the shape of the letters "Y T W L" while drawing back your shoulders. Hold each for about 10 seconds.

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QUICK GUIDE

Boost winter with vital pedaling drills

Lead cycle coach **Santi Brage** gives you a sneaky peak at Brighton tri club's turbo training plans

In the early days I remember asking cyclists to perform a drill in high cadence and facing a row of bewildered faces. It dawned on me that many people had little idea of the basics of cycling techniques. So last October we devised a 20-week programme for the turbo sessions, starting with the basics of pedalling in continuous, smooth circles. To improve we do lots of one-legged drills and spinning above and below the ideal cadence of 90rpm.

After four weeks of covering these basics, we move on to four-week stages focused on

MEASURE YOUR EFFORT

Throughout the programme we use three key elements to gauge the intensity of the sessions and therefore use to improve performance over the 20 weeks:

- **RPE** (Rate of Perceived Exertion) which uses the Borg scale or heart rate zones
- **Cadence** is the rate at which your legs complete a full stroke
- **Resistance** which can be set using the turbo or your own gearing

SANTI'S TOP CYCLING TIPS:

1. Sit light, right and still. Invest in a bike fit to be comfortable and efficient so all your energy goes into the back wheel.
2. Be smooth. Practise a continuous, circling pedal action, imagining you're scraping the bottom of the front of your foot against the floor as your leg pulls up.
3. Mix it up. You need to put in the miles to progress but it doesn't need to be a grind. Try mountain biking for strength and balance, and sportives for distance challenges.

aerobic endurance, power, hills and finally intervals, where the peak RPE (rate of perceived exertion) moves gradually from 12 to 18 throughout the blocks. In the coming months we'll be starting these up again, working through a similar sequence of technique and then on to higher intensity sessions. There will inevitably be heated debates about who chooses the pump it up music.

FOUR WEEK BEGINNER SESSION

Warm up: 5 minutes gentle spinning, gradually increasing cadence and resistance

Build set: Ride with moderate resistance using the small chainring – a cadence pyramid going from 80rpms up to 110rpms and back down each minute for 10 minutes

Main set: Single leg drills as:

- 1 min right leg (RL), 1 min both, 1 min RL. Repeat for left leg
- 5 minutes holding 90-100rpm whilst increasing the gear each minute to a moderate level
- Repeat 3 times

Cool down: Decreasing cadence on an easy gear every minute

- Stretch to finish



FUNDAMENTALS

Your guide to running through the year

Joint run lead **Ian McLaren** advises how to structure your run training over the next 12 months, so get your diary ready

The key consideration of any triathlete is to maximise training while avoiding burnout and injury. We base our weekly club sessions on the principles of the great, pioneering run coach Arthur Lydiard, breaking the year into phases each with a different focus and intensity in order to be in peak race condition through the summer.

OCTOBER

October is a recovery month. For those who want to keep active we recommend around 40 to 45 minutes of activity, with the emphasis on an easy, sociable pace and a relaxed form.

NOVEMBER TO FEBRUARY

Through winter we incorporate fartlek (fast periods of running mixed with a gentle pace) sessions into our training. Sometimes we throw in random intervals, with a different runner calling out the next high intensity interval, which keeps everyone on their toes. We constantly change the pace, holding perfect form as we move into a strong, faster glide and then ease off into a recovery "float".

Example beginner level set:

- 5-10 min easy warm up plus dynamic stretches and mobility
- 5 min of accelerating into a faster but comfortable stride (gliding) and then easing off (floating) every 15 seconds
- Gliding between points such as lamp-posts, with a one lamp-post floating recovery Pyramid from one to two to three down to two and then one lamp-posts.
- Random runner-led intervals
- Finish with fast 200m to ingrain great posture and relaxed shoulders while running at speed
- Easy warm down and static stretches

FEBRUARY TO APRIL

Early spring we head for some steep hills for our pre-race season preparations. We do relatively short hill reps, with lots of emphasis on maintaining good form whilst springing up the hill and then gliding on the flat, focusing on a controlled springing stride action.

Example set:

- 5-10 min easy warm up followed by dynamic stretches and mobility
- 3 blocks of 4 x 50m hill sprints, emphasising



IF YOU'RE JUST STARTING OUT...

- Gradually build up the distances and intensity week by week, with planned rests to enable the body to adapt
- Three runs a week is likely to be the average. Aim for one high quality session, one steady strong run up to around an hour and one recovery run.
- Make your longest runs about 75 per cent of the time you expect to be on your feet for the race; run at a steady consistent pace of about 6/7 out of 10 intensity.
- Think about working the right muscles in the most effective movement possible. Run tall with shoulders relaxed, hips held forward and stay light on your feet.
- Go to a specialist shop and get properly fitted for running shoes.

controlled springing action, gliding for 50m at the top on the flat and then jog back down as the recovery. Repeat, with 1 minute recovery between blocks

- Weaker runners should do 3 blocks of 3 x on the same hill
- 10 min easy warm down and static stretches

MAY TO SEPTEMBER

Our summer sets are designed to ensure no-one is left behind by sticking to relatively short circuits or timed out and back intervals so we all finish each effort together. We throw in some short fun relays that involve one person running while the other performs a conditioning exercise then swap over.

Example set :

- 10 min warm up
- 5 min leg strength exercises (eg single leg squats)
- 5 mins drills and striding
- Main set: 4 x 3 min hard with 90 sec recovery. On the first circuit runners carry a small plastic cone and place it where they finish the 3 min effort. Then aim to reach a little beyond it on successive their efforts
- Relay in pairs. While one person sprints out and back, their partner performs a core exercise like the plank, then swap over
- 10 min easy warm down and static stretches



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